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Parents Brendan
and Emma, and
little Harlow Star



FULL STORY: **Page 3**  ONLINE: Read all the big local news stories first on our website at essexlive.news/harlow

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BRIEFING

in this week's paper...



■ Toys R Us safe from closure... for now

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PICK UP POINTS

■ Harvey Centre, Harlow (management suite)	■ Guardian, Post Office Walk, Harlow
■ Mulberry Green Estate, Station Road, Old Harlow	■ Haart, 4 West Gate, Harlow
■ Genesis, 3 High Street, Old Harlow	■ Future Let, 52 Market Street, Old Harlow
■ Kings, Unit 4, Church Langley Way, Harlow	■ Reyland Johnson, 1 Acorn Mews, Harlow
■ Kings, 19 East Gate, Harlow	■ Howick & Brooker, 1 High Street, Old Harlow
■ Geoffrey Matthews, 47 High Street, Old Harlow	■ Belvoir, 40 High Street, Old Harlow

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harlowstar.co.uk/e-edition.html

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If we have published anything that is factually inaccurate, please contact the Editor, Alan Woods on 01245 602730, via email at alan.woods@essexlive.news or post to: The Editor, The Star, Stag House, Old London Road, Hertford, SG13 7LA, and, once verified, we will correct it as soon as possible.

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THE TOP 10 THINGS TO DO THIS WEEK



Pianist Paul Lewis is performing in Saffron Walden

Photo: MOLINA VISUALS

BE A VOLUNTEER

TOWN PARK VOLUNTEERS:
THURSDAY, JANUARY 4, FROM 10AM UNTIL 2PM, MEET AT WALLED GARDENS ENTRANCE, HARLOW TOWN PARK, PARK LANE, HARLOW
 Do you have green fingers and an eye for design?

Then why not lend a hand to the town park volunteers who are working to give a facelift to Harlow's much-loved park?

No previous experience is required with both training and equipment provided.

To book call 01279 435466 or email mike.leveett@harlow.gov.uk

LAST CHANCE

SNOW WHITE: UNTIL SATURDAY JANUARY 6, RHODES ARTS COMPLEX, 1-3 SOUTH ROAD, BISHOP'S STORTFORD

It's your last chance to see this year's much-raved about Christmas panto Snow White at Rhodes. The last performance will be at 5pm on Saturday, 6 January, but attendees at Thursday and Friday's performances will get the chance to meet the cast after the show and grab some selfies.

STILL TIME LEFT

ALADDIN: UNTIL SATURDAY, JANUARY 6, FOAKES HALL, GREAT DUNMOW, DUNMOW

It's also your last chance to catch The Dunmow Pantomime Group in action in this year's production of Aladdin. The theatre group have been entertaining the local community and people from the surrounding towns since the end of WWII.

To book online head to www.dunmowpanto.co.uk or call Terry on 07769 684839.

MUSICAL TREAT

GRANTA CHORALE: SATURDAY,



Victoria and Abdul starring Dame Judi Dench and Ali Fazal is now showing in cinemas

Photo: PETER MOUNTAIN

JANUARY 6, 7.30PM, ALL SAINTS CHURCH, 5 SCHOOL STREET, GREAT CHESTERFORD, SAFFRON WALDEN

A second chance to see Herts choir Granta Chorale in action in their Music for the Christmas Season concert with an evening of songs, motets and carols, both original and traditional. Tickets £12 or £4 for under-18s.

RING IN NEW YEAR

BROXBORNE HANDBELL RINGERS: SATURDAY, JANUARY 6, 7PM TO 10PM, ST MICHAEL'S CHURCH, 1 WINDHILL, BISHOP'S STORTFORD

Celebrate the end of the Christmas festivities and belatedly ring in the new year with the glorious sound of handbells, courtesy of the Broxbourne Handbell Ringers, who will be showing off 21st century techniques for this traditional style of music.

Tickets are £7 and include a glass of wine or soft drink, with proceeds going to the St Michael's Bell Tower.

conjunction with The Tree Management Company, to raise money for people with learning disabilities.

The suggested minimum donation is £5.

A CLASSIC NIGHT

PIANIST PAUL LEWIS: SUNDAY, JANUARY 7, 3PM, SAFFRON HALL, AUDLEY END ROAD, SAFFRON WALDEN

Acclaimed classical pianist Paul Lewis is heading back to Saffron Hall for a "beautifully devised" programme demonstrating "every facet of his artistry", with late piano pieces from Brahms, Beethoven's Bagatelles, and two Haydn sonatas.

Tickets £14 - £26. Book online at www.saffronhall.com or call the box office on 0845 548 7650.

THAT'S FUNNY

DUNMOW COMEDY CLUB: FRIDAY, JANUARY 5, 7.30PM, DUNMOW ARTS CENTRE, 1 HASLERS LANE, DUNMOW

Dunmow Comedy Club will be kicking off the new year with sets from BBC Newsjack star Angela Barnes, Russell Howard's Good News funnyman Jimmy McGhie and quirky stand-up and 8 Out of Ten Cats gag writer Roger Monkhous, alongside the club's very own Paddy Lennox.

KIDS' STUFF

TODDLER TALES: THURSDAY, JANUARY 4 FROM 2.15PM UNTIL 2.45PM, BISHOP'S STORTFORD LIBRARY, THE CAUSEWAY, HERTFORDSHIRE

Bring your little one to a lively mix of stories and rhymes, followed by time browsing the picture book collection. The activity is free, although a voluntary contribution of £1 per family is welcomed.

The event is aimed at toddlers and pre-school children. Babies are also welcome.

Tickets available on the door, from the church office or the Tourist Information Centre.

FRIENDSHIP TALE

VICTORIA AND ABDUL: SATURDAY, JANUARY 7, 5PM, SAFFRON SCREEN, AUDLEY END ROAD, SAFFRON WALDEN

Judi Dench stars as Queen Victoria in Stephen Frears' film about the remarkable friendship between the aging Queen and Abdul Karim, a young clerk who came from India to celebrate the Golden Jubilee.

Tickets £8.20, available at www.saffronscreen.com

TREE'S A CROWD

CHRISTMAS TREE RECYCLING: SUNDAY, JANUARY 7, 10AM TO 4PM, LINK ROAD CAR PARK, BISHOP'S STORTFORD

Grove Cottage is offering a Christmas Tree recycling service this year in

Couple give daughter the same name as a certain newspaper...

New parents had not heard of this town, or publication, before making selection

By Tommy Wathen
newsdesk@essexlive.news

A MUM and dad living almost 200 miles from Essex have unwittingly given their newborn baby girl the same name as this paper.

Just before Christmas, Brendan Davies and Emma Langley, who live in Street, Somerset, were treated to a special present in the form of their new baby daughter,



Little Harlow has a sleep, oblivious to all the fuss

who they decided to name Harlow Star.

It is the couple's third child after six year-old Elijah and five year-old Dougie, with Harlow being born on Thursday, December 21 at 4.41pm – weighing in at 8lbs 8oz.

Harlow Star's father Brendan, who has worked for 14 years as an on-call Retained Fire Fighter for Devon and Somerset

Fire and Rescue Service along with being a South West Area Installation Manager for Symphony Kitchens, said: "The name Harlow was my partner's idea as we decided that she would name our daughter if we would ever be lucky enough to have one.

"We know the given meaning for the name 'Harlow' is freedom-loving, adventurous, adaptable, intellectual, easygoing, progressive and sensual, whereas 'star' was chosen for close family and friends that are no longer with us.

"Especially with the loss of Emma's mum three years ago and her father when she was younger, along with other close family members that could not share the new arrival with cuddles, it is a way for us to show that we love them and truly miss them.

"She is the perfect Christmas present and now we feel complete.

Despite the Harlow Star being a big name in journalism around

Essex, Brendan admitted that he'd never heard of either the town or the newspaper.

"We have had lovely comments regarding her name and how many people haven't heard it before," he continued.

"I did have a comment on Christmas Day from my brother-in-law who asked me if she was conceived in Harlow, Essex, which was a funny comment as we had never heard of the place.

Normally

"I do know that Harlow is normally known to be a surname – and now a town with a local newspaper in Essex."

Despite the name Harlow Star being an uncommon choice by the couple, Brendan believed that it is a perfect name that suits their beautiful daughter.

"The name is so perfect," he added. "We did have other names, but this was always the one we came back to.

"We are so blessed to hold this beautiful baby we have created together and will give her all the love we can."

■ Everyone at Essex Live, and especially the Harlow Star, would like to congratulate Brendan and Emma on the birth of their new baby.



Harlow Star was a perfect Christmas present for mum Emma and dad Brendan... but despite her unusual name, she wasn't named after this newspaper

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Dance teacher is 'shocked' at being selected for an honour

School head gets British Empire medal

By Richard Duggan
richard.duggan@essexlive.news

HARLOW-BASED Sonia Bond has received the British Empire Medal in the New Year Honours.

The 73-year-old principal of the Buckhurst Hill and Woodford School of Dancing said: "I found out six weeks ago and it was a terrific shock."

"I don't feel as if I'm the right person but I'm very flattered. It's exciting and absolutely amazing."

"I went to the London College of Dance and Drama where I was qualified to teach. I got qualified in many different genres of dance. It was from there that I took up teaching."

Sonia founded the popular Epping Forest Dance Festival in 1994, which is still running to this day.

She said: "We used to go to the East London Song and Dance Festival in Stratford."

"We felt the children weren't given enough opportunity and dance should be for everyone and to make everyone happy."

Spans

Her career spans several decades and includes an array of examining, choreographing and adjudicating several national competitions.

"I still teach, my whole family is involved and both my daughters

teach in the school and my granddaughters are now dancing," she said.

"One has gone to the Central Ballet School."

"My mother also danced, so that's four generations now."

Dance has been a great passion for most of her life, believing it can help children's confidence.

She said: "I think it's social and very good for children's posture and stance. You get very shy children coming in and then you see them go out with lots of confidence."

"They grow in confidence and it's so important. They have to act as well as dance. It's very important."



Sonia Bond has been recognised in the New Year Honours List

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County to receive share of £200m towards repairs to road surfaces

ESSEX roads are set to benefit from extra government money as part of a bid to target potholes and improve highway maintenance.

Essex County Council has pledged to use the share of a £200 million national pot to get extra crews out quickly in the new year.

Although the council's share of the vast fund is yet to be confirmed, residents are set to see six additional Essex Highways crews on the ground in January helping to improve the condition of our county's roads.

"This additional money is very good news for road users in Essex," said Councillor Ian Grundy, Essex County Council Cabinet Member for Highways. "We have a good idea of roughly how much we will get, so we can move very quickly with our highways partner, Ringway Jacobs, to get extra crews out on our roads fixing potholes in January 2018."

Highways crews have repaired more than 5,000 potholes since April 2017 as well as resurfacing more than 400 miles of road.

Workers also completed more than three million square metres of road surfacing over the summer to help reduce the number of potholes developing on key routes.

"This money is timely and our rapid response will help deal with the extra potholes that often appear at this time of year as water gets into small cracks, freezes, expands and damages road surfaces," Cllr Grundy added.

As well as crews dedicated to fixing potholes, they carry out resurfacing, streetlight repairs and replacements, safety improvements, and repairs.

The agency is also responsible for traffic light upgrades, drain clearance as well as seasonal verge cutting and footpath maintenance.



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Troubled Toys R Us store is saved from closure – for now

A third of stores are still closing, but the Harlow site will not be one of them

The toy superstore has responded to reports that it is to close a number of stores



By **Hannah Kane**

hannah.kane@essexlive.news

THE Toys R Us store in Harlow has been saved from closure after the children's toy giant avoided going into administration by agreeing to a new pension deal.

The troubled retailer was given a deadline to fill a pension fund shortfall amounting to £9 million by the Pension Protection Fund (PPF).

PPF has confirmed Toys R Us bosses have voted in favour of the deal and will restructure the business, saving it from collapse.

A third of stores are still closing, but the Harlow site will not be one of them.

A total of 98 per cent of bosses voted in favour of the Company Voluntary Agreement (CVA).

Commenting on the successful vote, Steve Knights, managing director of Toys R Us UK, said: "We are pleased to have secured the support of our creditors and will be working closely with them in the months ahead."

"The vote in favour of the CVA represents strong support for our business plan and provides us with the platform we need to transform our business so that we

can better serve our customers today and long into the future.

"All of our stores across the UK will remain open for business as normal until spring 2018."

"Customers can continue to shop online and there will be no changes to our returns policies or gift cards across this period."

The deal means that All UK stores will remain open into the New Year.

Customer returns, gift cards and loyalty programmes remain unchanged.

Closures

The company intends to commence store closures in spring 2018.

The process will involve the closure of at least 26 stores.

Mr Knights explained: "Like many UK retailers in today's market environment, we need to transform our business so that we have a platform that can better meet customers' evolving needs."

"Our newer, smaller, more interactive stores are in the right shopping locations and are trading well, while our new website has generated significant growth in online and click-and-collect sales."

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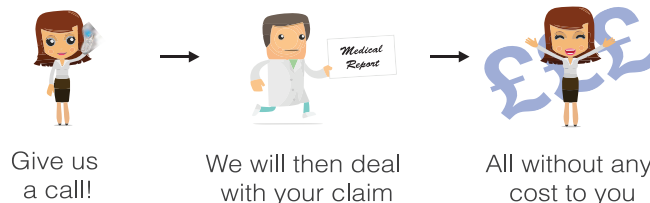
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Harlow Essex CM20 2NQ.

Ayla is the first of the special deliveries at town hospital's labour ward who were Christmas Day delivers a magnificent seven babies

By Tommy Wathen
newsdesk@essexlive.news

WELCOME to the world Ayla Trainer, the very first baby born at the Princess Alexandra Hospital on Christmas Day in 2017.

Every year, the labour ward at

the hospital in Hamstel Road, Harlow, delivers a number of babies on Christmas Day and this festive season was no different with seven new children entering the world on the special day.

Statistics sent to the Star from the hospital show that of those

seven new babies that were born, three of them were boys, three were girls and one gender was undisclosed.

The first of those babies to be born was at 3.01am when a Harlow resident gave birth to Ayla Trainer, who weighed 7lb 8oz at

birth.

Speaking about the new daughter's birth, Ayla's parents, who asked to remain anonymous, said: "We actually expected her on December 22 and we didn't know that she was a girl until she arrived."

"Ayla was born at 3.01am on Christmas Day, weighing in at 7lb 8oz and her 18-month-old big brother Tyler was very excited to see his sister for the first time."

They added: "The staff at the Princess Alexandra Hospital were wonderful. Ayla was born just one hour after we arrived and the staff were kind enough to give Christmas presents to all the day's arrivals, which was a lovely touch."

The other arrivals at the Princess Alexandra Hospital were a girl at 5.30am, a boy at 6.15am, a girl at 6.59am, a boy at 11.49am and a boy at 7.36pm.

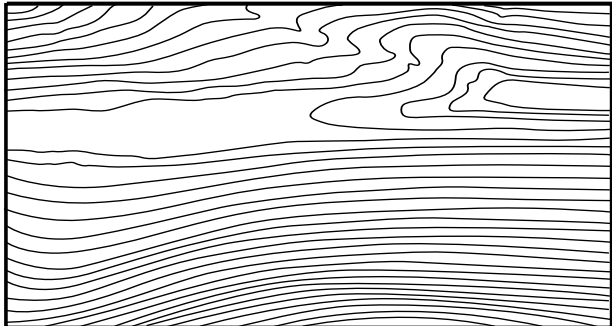
Ayla Trainer



Ayla Trainer



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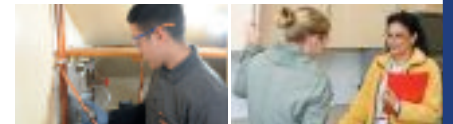
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Presentation on Housing Finance - Annual Update

Do you have a housing issue of concern that you would like to discuss with someone?

Come along to the Market Place where our dedicated teams of Harlow Council Officers and Contractors listed below will be available for you to talk to on a one-to-one basis regarding any housing related issue:

Area Housing, Housing Property Services, Housing Options and Advice, Tenancy Support, Contact Harlow, HTS (Property & Environment) Limited, Mulalley and United Living.

All tenants attending will be entered into a free raffle, with prizes donated by the contractors including three £50 shopping vouchers.

If you require free transport or have any other query, please contact Zulfia Kiani-Mackintosh, Community Engagement Co-ordinator on 01279 446330 or email tenant.relations@harlow.gov.uk

Harlow Council, Civic Centre,
The Water Gardens, Harlow, Essex CM20 1WG

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given presents by staff to mark their arrivals on momentous date



Boy of 8 in hospital after being hit by a car

AN eight-year-old boy was taken to hospital after being hit by a car in Harlow.

The boy was struck by a blue Ford Fiesta in Paringdon Road just before 5.45pm on Friday, December 22.

He was taken to hospital and remained there with injuries that were not considered to be life-threatening.

Witnessed

In a statement Essex Police said: "We are appealing for witnesses to a collision which involved a blue Ford Fiesta and an eight-year-old boy in Paringdon Road, Harlow, on Friday, December 22.

"It happened just before 5.45pm and the boy is currently in hospital."

Anyone who witnessed the collision is being asked to call officers at Chigwell Roads Policing Unit on 101 quoting incident number 867 of December 22.



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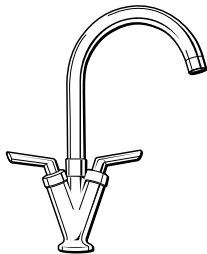
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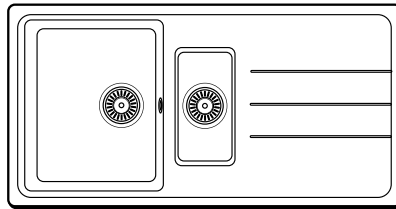
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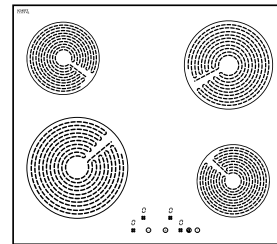
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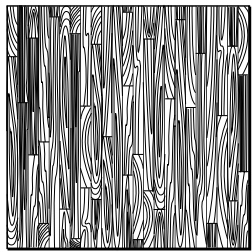
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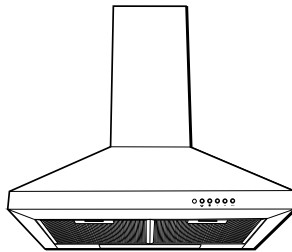
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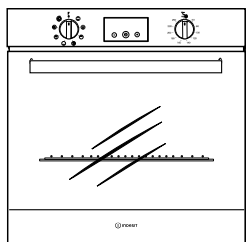
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It's hard work but good to be appreciated, says former Royal Mail delivery man

Think of the postie as you pack away your cards after Christmas

Look around your living room in the post-Christmas calm and it'll be full of cards and presents delivered by your overworked postie. But what's it really like being a postman over the festive season? **Tommy Wathen** finds out...

A FORMER Essex postman has described exactly what a Royal Mail worker goes through during the busiest time of the year.

Whether it is Christmas presents being ordered and posted or a load of Christmas cards being sent to loved ones who live far away, the amount of mail that is dealt with by postal staff over the festive period is mind-blowing.

However, once the mail arrives at various delivery offices around town, it is then down to the local postmen and women to sort the mail, prepare their rounds and then head out on the streets for hours to deliver the mail through your door.

The former postie, who worked in one of Essex's busiest delivery offices for over 20 years, explained how the Christmas pressure for staff can usually depend on the way the delivery office is managed.

"The Christmas pressure normally starts around two weeks before Christmas – although the

busy period builds up from around the time that the kids go back to school in September," he explained.

"From that time, work always got busier and busier as the months went on.

"All the posties plough through the work as they approach it, but the working day is normally governed by the budget that Royal Mail sets itself as it tells you how long you work or how much overtime you can accumulate.

Successful

"Good managers can set the tone for a successful Christmas at Royal Mail, just as much as bad managers can hamper the overall mood of the office.

"Over the years, I've had both styles of manager and I think that their attitude is what makes a Christmas clearance of mail most important."

In the build-up to Christmas, thousands of postmen and women across the country braved cold,



Our posties battle through snow and ice to bring us our mail on time

wet and icy conditions for hours on end to ensure that everyone had their mail delivered on time.

Despite the years of working in darkness, using torchlight to read addresses, suffering countless colds and fevers, along with cuts and bruises from paper cuts on freezing cold skin, the postie admitted that the reaction of the customers out on his round made it all worth it.

"The best part of the Christmas pressure was when you finally got out on delivery after hours of indoor sorting and prepping your rounds," continued the former Royal Mail worker.

"You're probably around an hour or two late out, but you see more of your customers at this time of year and that's when you find out how much they appreciate you.

"The weather doesn't really

bother posties over the Christmas period because it is cold at that time of the year anyway, but the driving rain and snow, as well as ice, can impact on deliveries – although most posties just want to get out on delivery to their customers as that is a priority.

"Looking after the public is the most important thing and the reaction from the customers when you've been delivering to them in bad weather is worth the effort every time."

Over Christmas, the postman revealed how his customers regularly used to tip him with cash and other presents as a way of showing their appreciation.

"I've had chocolates, cards, biscuits, wine, beers and money all brought out to me on a regular basis over the Christmas pressure period and the longer you stayed on your round, the more you'd get

"The busy period builds up from around the time that the kids go back to school in September"

After 22 years in the job, the postman, who didn't want to be named, has now left his job at Royal Mail, but looks back fondly on his days as a postie.

"I don't miss working in the cold weather, but I do miss the job and the contact with my customers on a daily basis," he added.

Tiring

"The work at Christmas is hard and very tiring, but the thanks from the customers was always there and is what made all my hard work and effort worthwhile.

"I still see my customers after around three years after leaving and they always say hello to me and ask me how I've been doing.

"Looking back, I think it is that, in my mind, what made my time as an Essex postman very worthwhile."

COMMUNITY NEWS AND PICTURES – TURN TO PAGES 14-17

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This Ford Focus C-Max was involved in a serious road accident in High Ongar
Image: @OngarFireStn

Witness appeal after car leaves A414 and collides with a tree

ESSEX Police are appealing for witnesses after a horror crash in Ongar saw a car smash into a tree.

The crash happened at around 10.10pm on December 22 on the A414 in High Ongar, where a grey Ford Focus C-Max collided with a tree.

Injuries

The 19 year-old male driver of the car was taken to hospital with minor injuries, while his 50-year-old female passenger was taken to hospital with serious injuries, which are also believed to be life-changing.

No other vehicles were involved in the accident and no arrests have been made.

A statement from Essex County Fire and Rescue Services said: "Firefighters were called to assist at the scene of a road traffic collision involving one vehicle which had come off the road and ended up in a ditch on its side.

"Firefighters worked with paramedics to help release one female casualty who was trapped in the vehicle.

"The casualty was released by 11.15pm and left in the care of the Ambulance Service."

Enquiries are continuing and anyone with information is asked to contact Pc Jack Sneath at Chigwell Roads Policing Unit on 101 quoting incident number 1158 of December 22.

Man stabbed on track

ESSEX Police are appealing for information following an incident where a man was stabbed in Harlow.

It is understood that a woman was assaulted and a man suffered stab wounds at around 5.55pm on Wednesday, December 20, on a cycle track in the Staple Tye area of Harlow.

The man and woman, who are both in their 30s, were approached by two teenagers, who stabbed the man in the neck

and punched the woman in the face.

Information

As part of the investigation, Essex Police are asking anyone who witnessed the incident or has any relevant information to come forward.

You can contact DC Jo Snell at Harlow CID on 101 or call independent crime-fighting charity Crimestoppers anonymously on 0800 555 111.

Harvey facilities receive two awards at national event

Shopping centre loos are voted best place to spend a penny

By Tommy Wathen
newsdesk@essexlive.news

A SHOPPING centre in Harlow has been given an award for having the best toilets in England.

It turns out Harlow residents have been treated to the ultimate toilet experience – as these loos have won two awards.

The Harvey Centre's toilet facilities were given the prestigious awards at the annual Loo of the Year ceremony.

During the ceremony, The Harvey Centre won the award for the best baby changing facilities in England, as well as being named as having the No 1 toilet facilities in a shopping centre in England.

The Loo of the Year awards invite submissions from across the country throughout the year, with all the nominated facilities being awarded either a bronze, silver, gold and platinum grading certificates according to the standards upheld in their facilities.

Efforts

Centre manager Bryan Young said: "We're over the moon to have won these awards.

"Clean, well-managed toilet facilities are fundamental to the popularity and running of the centre, so it is great to have our efforts rewarded in this way."

The Harvey Centre's cleaning company, Axis, won an award of excellence for being entered at least 10 times and maintaining a consistently high standard of management throughout the facilities they manage.

These awards provide Harvey Centre customers with a high level of reassurance that the facilities in the centre are of the very highest possible standard.



Cleaners at the Harvey Centre in Harlow pose outside the award-winning loos

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ID theft sparks plea by police

A CCTV image has been released by police investigating an identity theft fraud in Nazeing.

A woman, who lives in Western Road, Nazeing, reported to Essex Police that a man had broken the door of her post box and stolen her mail at about 1.30pm on Thursday, November 30. Credit cards were later fraudulently set up by someone else using her name and details.

Police officers investigating the incident would like to talk to the man pictured in the image, which is a still taken from CCTV footage, as he may be able to assist with their inquiries.

Anyone with information or who can identify the man should call the Essex Police on 101 or Crimestoppers anonymously on 0800 555 111.



Essex Police want to speak to this man after a fraud in Nazeing

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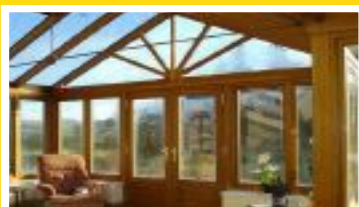
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YOUR COMMUNITY NEWS

Families remembered loved ones and helped with hospice fundraising

AROUND 300 people came together to celebrate the lives of friends and loved ones at a Christmas carol and remembrance service held at St Clare Hospice on Saturday, December 16.

The Hastingwood-based charity held a series of eight 'Light up a Life' services across the festive season, starting on November 12 in Saffron Walden and culminating with the service at the Hospice itself on December 16. The services took place as part of their Light Up A Life festive fundraising appeal which has so far raised over £25,000 for the West Essex and East Herts charity. That is enough to fund the charity's Hospice at Home service for over two weeks.

'Light up a Life' services give everyone, whether they have a personal connection with St Clare or not, a very special way to remember those who will be missed



Rabbi Jason Demant leads the service

over the festive period and to honour their memory in a very personal way. Sarah Thompson, chief executive of St Clare Hospice, welcomed visitors at the Hospice's service and said: "It was a privilege to welcome our patients, supporters and their families and friends to our Light up a Life service. Around 300 people gathered with the whole St Clare family to remember their loved ones

in a special and uplifting way. The heartfelt readings and wonderful music from Harlow's Salvation Army Band and the Harlow Chorus added to a very special service. We offer our sincere thanks to Rabbi Jason Demant, the chaplain of Saint Francis Hospice, who very kindly led the service for us. And thank you to the hundreds of people who came to celebrate with us over the past weeks – at the

services held all across our local communities."

Mrs Thompson said: "We know that Christmas time can be one of the most difficult times to lose a loved one. Many of us may be facing our first Christmas without a loved one, and others may be facing the prospect of their last precious Christmas with someone. Participating in the Light up a Life service offers a way to remember and celebrate the lives of those who we love, but can no longer see, in the company of others who understand."

"The highlight of the event was the lighting of our beautiful tree – with each light representing the life and memory of someone dear.

"Each guest then placed their lighted candle under the tree in a moving gesture of love and remembrance for those they have lost."



People of all ages gathered to remember loved ones

Band bring festive joy to St Clare Hospice

THE 'Woodwind of Stortford' band visited patients staying at St Clare Hospice's Inpatient Unit on Friday, December 15 to play festive music and Christmas carols.

The event marked the fourth year in which the woodwind band have visited St Clare during the Christmas period, with their continued support being well received amongst patients, family members, relatives, and staff. The carol service was once again organised by Bishop's Stortford resident, and St

Clare Inpatient Unit Volunteer, Goolmohr "Georgie" Cantel.

The Woodwind of Stortford Leader, Mary Stock said: "It's always our honour and privilege to come and play our music for those who are staying at St Clare over Christmas. It is so moving and rewarding for us as a group to see people's faces light up when they hear the familiar, festive songs we play. We hope that by bringing the sound of the holiday season to St Clare, we help to make what can be



Woodwind of Stortford with Georgie Cantel and Vanna Poulter

a very difficult time for people just that small bit easier during Christmas."

St Clare's Inpatient Unit Manager, Vanna Poulter, said: "It was such a pleasure to have the Bishop's Stortford Woodwind Band come and visit us on the

Inpatient Unit, just 10 days from Christmas. The kind gesture brought the warmth and magic of the yuletide season to the hospice for those who are going through one of life's most difficult journeys, facing a life-limiting illness. Little things

like this make all the difference for patients and their families who are staying with us over Christmas, embodying what hospice care is all about and showing how truly special it is."

Vanna continued: "We'd

like to say a huge 'thank you' to the band for coming and volunteering their time to bring a smile to those who are with us on our Inpatient Unit. Everyone loved the jolly music, and it really brought the festive atmosphere to St Clare."



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Harlow Salvation Army band and Harlow Chorus



Over 100 people gather at Waltham Abbey Light Up A Life service on November 30

Charity gets party going in style

HASTINGWOOD based charity, St Clare Hospice, has once again brought the magic of Christmas to the hospice by hosting a party for people who are supported by their Day Therapy team.

Held in the hospice's dining room on Monday, December 18, and hosted by St Clare staff and volunteers, more than 40 Day Therapy patients gathered together to enjoy an afternoon of live music and entertainment, a home-cooked Christmas dinner prepared by St Clare chefs, and lashings of festive spirit and cheer. This year's live music entertainment was provided for free by local professional vocalist,

Bobby Rio, whose renditions of Frank Sinatra and other festive favourites delighted the audience.

St Clare's Day Therapy Manager, Emily Stowe, said: "Every year it an absolute honour to be able to host this wonderful Christmas party celebration for our Day Therapy patients. It is our pleasure to bring the magic of Christmas to our patients – who deserve to feel that special festive feeling of love, togetherness and happiness. It is just wonderful to see everybody enjoying themselves so freely in the spirit of Christmas."

Emily added, "Going the extra mile for the people we support is part of what



St Clare Hospice volunteers and patients

makes our jobs so special and rewarding. For people who are faced with a life-limiting illness, it is the little 'extras' we offer that make the biggest difference: things that celebrate normality and

help them live life to the full. We want to say thank-you to our supporters for making things like our Christmas party possible – this is where your money goes. Yes, it goes on the vital physical,

psychological, emotional and spiritual support that changes lives for the better – but it also goes on bringing humble joy to local people who deserve it. This is what 'making a difference' is all

about."

For more information about St Clare Hospice's Day Therapy services, please visit their website at: <https://stclarehospice.org.uk/care/day-therapy-services/>

YOUR EDUCATION NEWS

Top cookery competition classmates are turning up the heat

PASSMORES Academy hosted the local finals of national cooking competition, Futurechef on Thursday December 14, which concluded for the first time with the winner and runner up both being from the same school.

Representing Passmores Academy were students Ross Blackshaw and Dylan Willett, who along with nine other young hopefuls from five local secondary schools, undertook the challenge to

prepare a two-course meal with a budget of £7. The results were judged independently by two professional chefs using a specified judging criteria, and it was Passmores who impressed the judges the most – Ross was the overall winner and Dylan was runner up.

Both boys pulled out all the stops, producing sophisticated menus. They have now won the opportunity to be coached



Overall winner Ross Blackshaw

by professional chefs, before competing in the regional finals in February, and potentially the national finals later on.

When asked how he felt during the competition, Ross reported that he was “chilled” as he had practiced and improved his recipe



Runner-Up Dylan Willett

ready for the big day. Dylan said that he had also prepared well and felt “quite confident”, adding, “at first I was a bit nervous but then it

was more that I was excited”. Both boys are considering using their culinary talents for a career later in life as professional chefs.

Audience has a ball as academy students stage a festive Cinderella

STUDENTS at Burnt Mill Academy in Harlow put on a festive performance of Cinderella to get the Christmas season under way. The show featured acting, dancing and comedy, as well as a medley of songs from 60 years of pop, including rewritten versions of hits by the Monkeys and George Michael.

Philip Watson, lead practitioner of drama, wrote the bespoke script for the show, including slapstick comedy scenes with two “outrageous” ugly sisters and music from the school’s concert and rock bands.

He said: “We’ve always

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had a huge, inclusive cast of students from across the academy in our Christmas showcases.

“The challenge this year was to create a single pantomime with songs, roles, dances and scenes for everyone.”

Students auditioned in September and attended

rehearsals each week to prepare for the performance.

A special showing was also put on for children at the primary schools within the Burnt Mill Academy Trust – Cooks Spinney, Freshwaters, Little Parndon and Roydon.

After the performance, parents turned to social media to praise everyone involved. Parent Jacqui Aslandogdu Tweeted: “What a FANTASTIC panto tonight. Bravo to the whole cast and the staff that made it happen.

“We have never laughed so much ... thank you from a couple of very proud parents.”



Some of the Burnt Mill Academy students in their performance of Cinderella

The lead cast was made up of:

Cinderella - Maisie Felstead
Prince Charming - Izzy Baker
Fairy Godmother - Georgia Samuels
Buttons - Mason Peach
Dandini - Kai Roberts

Baron Henry Hard-Up - Michael Galvin
Baroness Hermione Hard-Up - Sky Hover
Bernie - Alfie Howard-Morgan
Millie - Marlie James
Snatchit - Chloe Smith
Grabbit - Lily Aslandogdu

Academy drums up support for world music experience

WORLD music studies were brought to life for students by a professional Indian drummer.

Session musician Dan Sceats spent a day at Burnt Mill Academy in Harlow, teaching Year 9, 10 and 11 GCSE music students all about the art.

As part of the revamped GCSE courses, students learn about world music.

Cristin Casey, director of performing arts, works closely with Essex Music

Hub to bring lessons to life for students.

She said: "The hub provides a series of world music workshops, which we have access to for our students. Last year, we held a samba workshop and this year we are focusing on Indian drumming.

"It is so much easier for students to learn about a new topic like this if they get to play the instrument, especially when it's music they may be unfamiliar with.



Students composing their own Indian drumming music

"Dan has travelled to India and studied with classical Indian musicians so it's wonderful to have him share his knowledge and expertise with students. It was a real opportunity to enrich students in our curriculum

and to enhance their understanding of a wider variety of cultures.

"Our children are insatiable and want to get as much information out of opportunities like this as possible. I could have filled

his time for a whole week, there has been so much interest in his visit."

Students got to listen to Indian drumming, to perform and to compose their own music through the day.

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Youngsters brush up on their poetry skills with author's visit

TALENTED young writers worked with an author to brush up on their poetry skills recently.

Year 6 pupils at Freshwaters Primary Academy in Harlow, took part in a writing workshop with author Neal Zetter, writer of Here Come the Superheroes.

Jo Mullane, senior lead

Year 6 pupils at Freshwaters Primary School

practitioner, said: "Pupils spent the day role-playing and creating poetry around a theme, using Neal's books and poetry pattern as a stimulus.

"Children were able to experiment with their vocabulary and rhythm in poetry to create poems which they then performed."

The author will return in the spring to work with Year 3 and 4 writers.



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Dear Mum and Dad
Happy 50th Wedding Anniversary!
Thanks for all that you do for us.

We love you
Daniele, Maddalena, Teresa and families

Bereavements

Vera Mary BOLDEN

Passed away on 6th December 2017 aged 96 years. A very kind lady who will be sadly missed by all family and Friends.
Funeral Service will be held at Parndon Wood Crematorium on Thursday 11th January at 1.00pm. Flowers welcome to Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford. CM23 3AL Tel: 01279 655477

Christopher BURTON (Chris)

Passed away after a long illness on 24th December, aged 72.
Much loved husband of Ros.
Sadly missed by all the family. Family flowers only, donations if desired to "Parkinson's UK" or "Cancer Research UK"
All enquiries to Daniel Robinson & Sons Bishops Stortford, 01279 655477



family-announcements.co.uk/essex

Bereavements



PAMELA CAMP

Passed away unexpectedly on 17th December. Dearly loved wife of Len, devoted mother to Graham and a much loved grandmother and great-grandmother.
She will be greatly missed and never forgotten.
Funeral service to be held at Parndon Wood Crematorium on Wednesday 10th January at 10.45am. All enquiries to Daniel Robinson & Sons, Haslers Lane, Great Dunmow CM6 1XS. Tele No. 01371 874518

Daisy CHAPMAN nee Clark

Widow of Dennis Chapman
Died 21 December 2017 aged 88 years.
Sadly missed by her family.
for all funeral enquiries please contact Daniel Robinson & Sons on 01279 655477

Search any announcement online or place a notice 24/7

Lorna Dawn CONWAY

Passed away peacefully after a long illness, aged 46 years.
Much loved daughter of Dawn & Alex; niece of Sharon, Clive & Paul; cousin of Luke & Jess.
For funeral details please contact Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP

Carol Ann HANNAY

Sadly passed away on Friday 22nd December aged 74 years.
Devoted Wife of Michael, Loving Mum to David, Lucy & Barbara, Grandmother to Rosie & Evie.
Funeral Service will be held at Parndon Wood Crematorium on Monday 8th January 2018 at 9.30am.
Flowers, or donations, made payable to 'St Clare Hospice' may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990
Alternatively, please visit the 'In Memory' page at www.drobinson.co.uk

Graham Raynor HARKNETT

Suddenly passed away on the 5th December 2017, aged 85 years.
He will be greatly missed by all his family and friends.
Funeral Service will take place on Monday 8th January 2018 at Parndon Wood Crematorium at 3.15pm.
Family flowers only. Donations, if desired, to Alzheimer's Research UK.

Bereavements



ALBERT ARTHUR HOBBELL (ALBIE)

Peacefully in the Princess Alexandra Hospital, on 18th December 2017, aged 88 years. The beloved Husband of Hazel. He will be sadly missed by his Daughter Ann, Son-in-law Michael and all his family and friends. Albie's Funeral Service is to be held on Friday 12th January 2018, At Parndon Wood Crematorium at 2.30 p.m. Flowers welcome or if desired donations to the Ghurkha Welfare Trust. Cheques made payable to MFH Charities Account. All enquiries, Flowers and Donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

MASTERTON FUNERAL HOME LTD

Margaret HOWARD Formerly Wilson

Passed away on 21st December 2017 aged 82 years.
Much loved Mum, Nan and Great Nan.
The funeral service will take place at Parndon Wood Crematorium on Monday 15th January at 12:15pm.
Flowers or donations to St Clare Hospice may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990.
Alternatively please visit the In Memory Page at www.drobinson.co.uk

JONES David Charles

Passed away suddenly on 13th December 2017 Aged 55 years
Wonderful husband & love of my life "Pussycat" I will never get over losing you, free of suffering, I miss you so much
I lie awake at night when the world's sleeping. I take a trip down memory lane, with tears upon my cheek.
No one Sees the broken heart, that lies beyond the smile. No one knows the loneliness, that's with me all the while, no matter how life changes no matter what I do a special place within my heart is always there for you.
Sleep peacefully my love, your loving wife Kim; forever.

Funeral service will take place at Parndon Wood Crematorium on Friday 12th January 2018 at 10:45am
Family flowers only but donations if desired, made payable to Cats Protection.
To be sent c/o Daniel Robinson and Sons, Wych Elm, Harlow, CM20 1QP. Tel. 01279426990 or via our In Memory Profile Page www.drobinson.co.uk



family-announcements.co.uk/essex

Bereavements

**JONES
Eric**

Passed away peacefully, aged 91, on 20 December 2017 at the Sunrize Care Home in Bagshot, Surrey.

Beloved husband of the late Joyce, father of Lewis and Sarah, and grandfather of Lucy and Sophie.

Funeral on Monday 15 January 2018 at 2.15 pm at Easthampstead Park Crematorium, Wokingham Berkshire RG40 3DW.

No flowers please. Donations if desired to "Wateraid" c/o

Alan Greenwood & Sons, 14 Guildford Road, Bagshot GU19 5JH

**Mary
MACGINLEY**

Mary passed away peacefully at home on 21st December 2017. She was 89.

Her funeral mass is on 12th January 2018 at The Most Holy Redeemer R.C. Church, Sawbridgeworth, at 11 a.m.

For further details please contact

Daniel Robinson & Sons,
79 - 81 South Street, Bishop's Stortford
CM23 3AL, Tel: 01279 655477.

Mary loved flowers but she made monthly donations to The British Red Cross and the Essex and Herts Air Ambulance. She would also be happy if donations were made to any charity which would benefit young children.

**Michael Stewart
MOUNTFORD**

Passed away on 27th December 2017 aged 66 years. A very special man already sorely missed by family and friends. The funeral service will take place at St James Church Thorley, Bishops Stortford CM23 4BE on Wednesday 17th January at 10.30am. Flowers or donations to "British Heart Foundation" may be sent c/o Daniel Robinson & Sons 79/81 South Street, Bishops Stortford CM23 3AL Or via Web In Memory Page www.drobinson.co.uk

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LEAVE A MESSAGE

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**Walter Frederick
NEWMAN
"Wally"**

12th Nov 1930 - 21st Dec 2017

He will be sadly missed by his Wife Agnes, daughters Alison & Julie, Son John, 6 grandchildren & 4 great grandchildren.

A wonderful family man who loved his family very much.

Funeral service to be held at Parndon Wood Crematorium on 10th January at 12.15pm

Family flowers only.

Donations for William Day Centre P.A.H., may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP Tel: 01279 426990 Alternatively, please visit the 'In Memory page' at www.drobinson.co.uk

**June
NEWTON**

Passed away peacefully on 22nd December 2017, aged 82 years.

Wife of the late Alfred, Mum to Julia and Edward.

Funeral service will take place at Three Counties Crematorium on Friday 12th January at 3pm.

Family flowers only please. If desired, donations in June's memory, can be made payable to 'Alzheimer's Society' and sent c/o Daniel Robinson & Sons, 52 Trinity Street, Halstead CO9 1GB Tel: 01787 475533 Alternatively please visit the 'In Memory' page at www.drobinson.co.uk or

Bereavements

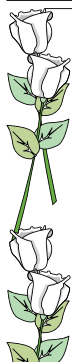
**Darren
PALMER**

Sadly passed away on 19th December 2017 aged 33 years.

Much loved son, brother, dad and partner. The funeral service will take place at

Parndon Wood Crematorium on Friday 12th January 2018 at 3:15pm.

Flowers may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP Tel: 01279 426990

**Ann
PARKER**

1923 - 2017
Funeral service will take place at Our Lady of Fatima Church, Harlow on Wednesday 10th January 2018 at 12.30pm. All flowers to Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

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79/81 South Street, Bishop's Stortford (01279) 655477
Bullfields, Sawbridgeworth (01279) 722476

**Ivy Elizabeth
PEACOCK**

(Formerly of South Road, Bishop's Stortford) Passed away peacefully on 27th December 2017 aged 89 years.

She will be sadly missed by family & friends. Funeral service to take place at Parndon Wood Crematorium on Monday 8th January 2018 at 10.45am.

Family flowers only please but donations for Dementia UK may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford Herts CM23 3AL tel 01279 655477 or via In Memory Pages www.drobinson.co.uk

BOOK A NOTICE

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**LESLIE JOHN
PRYOR**

Peacefully at home, on 24th December 2017, aged 87 years. He is now reunited with his dear Son Paul. The beloved Husband of Marjie, a loving Dad to Tina, Jan and Andrew and a wonderful Granddad to his 4 Grandchildren and 5 Great Grandchildren. He will be sadly missed by all his family and friends. Leslie's Funeral Service is to be held on Monday 15th January 2018, at Parndon Wood Crematorium at 1.00 p.m. Flowers welcome or if desired, donations to the Huntingdon's Chorea Charity. Cheques made payable to MFH Charities Account. All further enquiries, flowers and donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

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Bereavements

**Fred
SAULL**

FRED SAULL Passed away unexpectedly on 22nd December 2017 aged 70 years.

Beloved husband to Christine, a much loved Dad to Marylynne, Joanne, Nicola & Daniel and a devoted Pops.

His funeral service will take place at Three Counties Crematorium on Tuesday 9th January 2018 at 10am

No Flowers Please. Cheques payable to BTUH Charitable Trust may be sent

c/o Daniel Robinson & Sons,

7 Manor Street, Braintree Essex CM7 3HW

01376 320582 Please visit www.drobinson.co.uk

More than 3000 loving messages and photos are added every month on our site, you can leave your own tribute or add a picture today completely free of charge.

Thank you for the many good times we shared xxxxx

Today, tomorrow, all my life, I will love and miss you mum x



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**Harry
SPELLER**

SPELLER, Harry, of Sayes Gardens, Sawbridgeworth, on 18th December 2017, peacefully at home, aged 101. Widower of Edna, beloved father of Diana and father-in-law of Simon. Funeral at Gt St Mary's, Sawbridgeworth on Tuesday 9th January 2018 at 12.00pm; followed by interment. By his request: no mourning and no flowers. Donations, if desired, may be made payable to Cancer Research UK or the British Heart Foundation and sent to Daniel Robinson & Sons Ltd, 3 Bullfields, Sawbridgeworth; tel: 01279 722476

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**Wendy Elizabeth
STAPLETON**

Passed away on 24th December 2017. She will be sadly missed by her family & friends.

For all funeral details please contact Daniel Robinson & Sons, Bishop's Stortford Tel 01279 655477.

Flowers or donations for Cancer Research UK or Alzheimer's Research UK may be sent c/o Daniel Robinson & Sons or via In Memory Pages www.drobinson.co.uk

Bereavements

**Joyce Sheila
STORY**

Passed away 24th December 2017 aged 78 years. She will be sadly missed by Jackie, Janet, Peter, Kay and family. The funeral service will take place at Parndon Wood Crematorium, Harlow on Friday 19th January at 1.00pm. All flowers Welcome to Daniel Robinson & Sons 79/81 South Street, Bishops Stortford. CM23 3AL

**Robert William
STRINGER**

Of High Wych, Sawbridgeworth, passed away peacefully in Princess Alexandra Hospital on the 27th December 2017 aged 91. For funeral arrangements please contact

Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB. Telephone 01279 722476

**KENNETH SIDNEY
THOMPSON
'Ken'**

22/05/1923 - 18/12/2017

Peacefully in Princess Alexandra Hospital, Harlow aged 94 years. Beloved husband of the late Olive and much loved Dad of the late Lynn.

A special Uncle and Great Uncle who will be remembered with love and affection by his close family.

Funeral Service to be held at Parndon Wood Crematorium on Monday 8th January 2018 at 11:30am. All are welcome.

Family flowers only please with donations, if desired, to Great Ormond Street Hospital for Sick Children c/o Co-op Funeralcare, 42 High Street, Stevenage, SG1 3EF

**Patricia
WHITTLE
(Pat)**

Passed away after short illness in Princess Alexandra hospital on 15th December.

Will be deeply missed by husband Roy, son Mark, daughter in law Maria Dolores, granddaughter Carla and all who knew her. Private funeral. No flowers.

Roy Whittle

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Acknowledgements

Joyce Lillian May BIRD

Roy and Glynis would like to thank family and friends who attended Joyce's funeral service at St Mary's Albury on 21st December. Also Daniel Robinson & Sons, Rev'd Stephen Bate and also the Catherine Wheel, who provided refreshments. Please accept this notice as the only acknowledgement.

**ROBERTS DAVID (Dave)**

Jean would like to thank everyone for the many kind messages following the death of her beloved husband Dave, also thank you for your donations to St. Clare Hospice, for which we were voluntary fund raisers. Thanks all so to the staff at Daniel Robinson's and Sons for their professionalism, Patience and sensitivity, a special thank you to Steve Stacey a Civil Funeral Celebrant for a wonderful Service.

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Eileen Jessie JONES (Ginge)

Alan, Sue, Keith and family would like to thank Friends, Neighbours and the Harlow Labour Party for the messages of love and support to be treasured in memory of Eileen.

With special thanks to the Staff at Alfred English Funeral Directors and Sue's Flowers for ensuring the funeral was carried out with dignity and elegance.

Carol Rosen and the Great Parndon Community Association for making Eileen's Celebration of life so special and meaningful.

**Shirley MINT**

A year has passed, still missing you every day, always in our thoughts.

Fred, Tony, Linda, Paul, Carol and all the family

In Memoriam

John GRAY

Little did we know that morning God was going to call your name. In life we loved you dearly, in death we do the same. It broke our hearts to lose you, but you did not go alone for part of us went with you the day God called you home. You left us peaceful memories your love is still our guide. And although we cannot see you, you are always by our side. Our family chain is broken and nothing seems the same but as God calls us one by one the chain will link again.

Anita, Louise & Richy, Sam & Rav, Charlie, Ellie, Yasmin & Harvey

Ron WILLIAMS

Can't believe that a year has passed when we said our last goodbyes, every day we think of you with tears in our eyes. We miss you so much. Love from all the family.



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Mary IRONMONGER

In loving memory of my dear wife Mary, who passed away on 8th January 2015. Please God forgive a silent tear; A constant wish that she was here; Others were taken, yes I know; But she was mine and I loved her so.

Love Pete xxx...

**BLUNNIE Colin Joseph**

3 years on still sadly missed by Mum Brothers and sisters and family A True Blue

Bridie DUNLEA

4th January 2010
We hold you close within our hearts, and there you shall remain; to walk with us throughout our lives until we meet again.
From all the family



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IRONMONGER Mary — In loving memory of a wonderful Mum & Nana. Forever in our hearts & thoughts. Missing you always. Love Paul, Andrea, Wendy, Ian, Gracie & Sophie xxxxxx

Alec LEADER

2nd January 1998
My Wonderful One with all my love
Your Kimmy xxx

Alec LEADER

2nd January 1998
A constant in 20 years is our missing you.
All our love
Philip & Yoko xxx

Betty TOWNSEND

Passed away 4th January 2014, aged 84.

Never to be forgotten by her loving Husband Will and all the Family



xxxxxx
Alan, Donna, John, Stanley, Paris, George, Carley and Darcie



In Memoriam

MARSHALL WILLIAM CHARLES (Bill)

In loving memory of a dear dad who died 10 years ago so suddenly on 3rd January 2008. It just feels like yesterday.
From Son John.
Time slips by and life goes on, but from my heart, you're never gone.
Miss you loads.



Birthday Memories

HOLDING ROSE

Remembering you on your Birthday. 28th December.
Ken, Barry and Family.



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In Memoriam

DORIS CLAYDEN

5th JANUARY 2017

A wonderful Mum and Nan, we can't believe one year has passed, we all miss you more than words can say, you are forever in our thoughts every day. Love from daughter Daphne, son-in-law Pete and grandchildren Linda and Gary.

**RON COX**

Passed away January 2nd 2007

Remembered with love by
Barry, Gail, and Russell



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FILM REVIEWS

With Damon Smith

FILM
OF THE
WEEK

RETRIBUTION AND REGRET



Christian Bale as
Captain Joseph
Blocker in *Hostiles*
Photo: Lorey Sebastian

HOSTILES (15) ★★★★★

Retribution and regret are saddle-sore travelling companions in writer-director Scott Cooper's gritty western, set during the final years of the bloodthirsty war between the United States Army and Native Americans. Adapted from an unproduced manuscript by screenwriter Donald E Stewart, *Hostiles* cocks its pistol towards political correctness by apportioning blame for the slaughter to both sides of the conflict.

As one white soldier in the film confesses: "We're all guilty of something."

Cooper's script isn't inclined to rigorously debate moral ambiguities and characters sometimes enforce racial and tribal stereotypes for the sake of dramatic expediency.

However, boundaries between conventional heroes and villains are intriguingly blurred, and justice is seldom granted to battle-scarred characters as they endure "the Lord's rough ways".

Christian Bale delivers a blistering performance as a world-weary army captain, whose humanity is revitalised

by an unexpected encounter with the sole survivor of a Comanche attack.

Played to the emotionally raw hilt by Rosamund Pike, this grief-numbered widow is both a victim and an angel of compassion and mercy, who lassos courage in the most devastating circumstances.

The on-screen pairing of the two British actors elevates Cooper's film.

Captain Joseph J Blocker (Bale) has so much blood on his hands, one antagonistic journalist quips: "Is it true you took more scalps than Sitting Bull?"

A military man of few words

and questionable deeds, Blocker begrudgingly escorts his sworn enemy – Cheyenne tribal chef Yellow Hawk (Wes Studi) – from a prison cell at Fort Berringer in New Mexico to the Valley Of The Bears in Montana.

Yellow Hawk is gravely ill and wishes to be at one with his ancestors, surrounded by family including his son Black Hawk (Adam Beach) and daughter-in-law Elk Woman (Q'orianka Kilcher).

Blocker shepherds the Cheyenne prisoners south, accompanied by Master Sergeant Thomas Metz (Rory Cochrane), Lieutenant Rudy

Kidder (Jesse Plemons), Corporal Henry Woodson (Jonathan Majors) and Private Philippe DeJardin (Timothée Chalamet).

En route, the posse befriends Rosalie Quaid (Pike), whose husband and children have been slaughtered by Comanches, and accepts a new commission to escort murderer Sergeant Charles Wills (Ben Foster) to the gallows.

The condemned man and Blocker have history.

"We both know it could just as easily be you in these chains," growls Wills.

Tension percolates between prisoners and escorts as they mosey through Comanche territory.

Hostiles trots when it could gallop, allowing resentment and rivalries to fester against the backdrop of the Mountain States, which provide a breathtaking canvas for Japanese cinematographer Masanobu Takayanagi.

The roughly hewn beauty of these locations contrasts with the darkness that takes root in the hearts of men, for whom the violence of a gunfight is second nature.

The west wasn't won – it was brutally, forcibly taken, and never returned.



Rosamund Pike and Christian Bale in *Hostiles* Photo: Lorey Sebastian

ALSO OUT THIS WEEK



Michelle Williams as Abigail Getty Fabio Lovino

ALL THE MONEY IN THE WORLD (15)

★★★★★

THE removal of Kevin Spacey from Ridley Scott's propulsive thriller has been abducting headlines since early November.

Esteemed replacement Christopher Plummer filmed scenes as oil tycoon John Paul Getty in nine days, leaving Scott and editor Claire Simpson with the unenviable task of reworking a finished Oscar-tipped picture in a matter of weeks.

Apart from a couple of noticeable joins, which had to be accomplished with digital trickery, *All The Money In The World* emerges largely unscathed.

The film is still generating awards buzz and Plummer, currently 88 years young, is strongly tipped to become the oldest Academy Awards nominee in any acting category.

Based on one version of events surrounding the 1963 kidnapping of 16-year-old John Paul Getty III, Scott's picture sustains dramatic tension with aplomb as David Scarpa's script ricochets between the gang holding the boy hostage and the dysfunctional Getty family.

Michelle Williams teases out the steely resolve of the young Getty's mother, who married into wealth and has to rely on the benevolence of others to save her son.

On July 10 1963, John Paul Getty III (Charlie Plummer) is strolling through balmy night-time Rome, trading pleasantries with prostitutes, when he is snatched off the street by balaclava-clad men. The abductors demand a \$17 million ransom by telephone from the boy's mother, Abigail (Williams).

"I don't have any money," she whimpers. "Get it from your father-in-law," responds Cinquanta (Romain Duris), "he has all the money in the world."

Oil tycoon J Paul Getty (Christopher Plummer) refuses to plunder a single cent from his billion-dollar empire, coldly arguing that if he paid a ransom for one grandchild he would set a costly precedent.

Instead, he hires former CIA agent and security consultant Fletcher Chace (Mark Wahlberg) to rescue the boy.

The hunt criss-crosses the Calabrian hills, culminating in a nerve-wracking race to extricate the teenager from the clutches of crime boss Saro Mammoliti (Marco Leonardi).

Based on John Pearson's book *Painfully Rich*, *All The Money In The World* absolves the young Getty of collusion in his own kidnapping.

Scott engineers a stylish and engrossing thriller that makes light work of a robust 133-minute running time, including a nail-biting, climatic set-piece that wilfully ignores historical facts.

The older Plummer stops shy of smacking his lips with impish glee as his miserly mogul treats the hostage negotiation as a business deal, agreeing a reduced ransom that is tax-deductible and won't impact his status as the world's richest man.

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FAMILY HEALTH

Top tips to keep seasonal skin flare-ups at bay

WINTER weather can be tricky for skin full stop – and for people prone to eczema, the cold conditions can be especially troublesome.

This irritating skin condition causes dry, rough and inflamed patches, which can crop up all over your body. And with cooler temperatures outdoors, plus central heating and all that added festive stress – all of which can act as triggers – party season can be a prime time for eczema flare-ups.

Thankfully, there are a few things you can do to help combat the winter-induced itch. Here's what the experts suggest...

GET A GOOD NIGHT'S SLEEP

THERE are few things more irritating than a night-time itch, and many people with eczema find the urge to start scratching is heightened when they're trying to get to sleep. In the daytime, we're busy and distracted, so 'itch signals' aren't as strong – but at night, our minds are left free to dwell on the impulse.

So what can you do? Staying breezy is a good start.

"Try keeping the bedroom window open at night and keep the central heating down to minimum when it's required," advises LloydsPharmacy pharmacist, Anshu Bhimbat.

Bedding is also key. "A light duvet will also be a better option than a thicker tog, which could cause you to sweat, leading to further irritation," Anshu notes, adding that cotton tends to irritate skin less than other mixed fabrics.

KEEP AN EYE ON 'TRIGGER' FOODS

DURING the festive period, with so much socialising and feasting on the table, it's easy to let our usual diets go out of the window – but it's important to bear in mind whether you might be munching on any 'trigger' foods that tend to cause flare-ups.

"A food allergy or intolerance can cause eczema symptoms in

some people," warns Anshu, who suggests keeping a food diary, so you can work out if certain elements of your diet could be linked to your eczema.

"If you've noticed flare-ups with certain foods, it could be an indicator that it's causing breakouts – but it's best to see a dermatologist for advice before cutting anything specific out of your diet."

USE A SOAP SUBSTITUTE

WHEN you're dealing with eczema, it's really important to consider the bathing and cleansing products you're using, as some of them could make symptoms worse.

"Some people with dry skin or eczema may find their skin is easily irritated by harsh and strong ingredients in soaps," says dermatologist Dr Anthony Bewley.

"Avoid foaming soap agents and instead try a substitute such as **Cetraben Daily Cleansing Cream**, (right, £7.19 for 200ml, Boots), which can be less drying on the skin."

Keep an eye on your water temperature, too. Showering in lukewarm water, rather than steaming hot, can help avoid scalding the sores. Don't scrub your skin too hard while washing either, as this can also irritate it further.

Wash clothes at 60 degrees if possible to kill off dust mites



REGULARLY APPLY EMOLLIENT

MOISTURISING with a suitable emollient – creams and ointments that moisturise the skin – will prevent scaly patches from drying out further, and help reduce flaking during party season.

Dr Organic Manuka Honey Rescue Cream

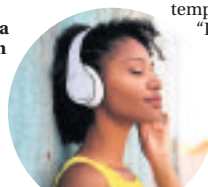
(£9.49 for 50ml, Holland & Barrett) nourishes and restores, and will help leave skin feeling intensely moisturised.

"Emollients are particularly effective when applied straight after a shower, to help protect the skin barrier function," advises Dr Bewley.

REDUCE DUST EXPOSURE

IT'S natural to want to hibernate a little and keep warm and cosy indoors at this time of year, but this might mean greater exposure to dust mites, a common trigger for people with allergies and skin conditions.

"House dust mites are present in everyone's homes, but they can really irritate dry skin and eczema," says Dr Bewley. "If you can, vacuum and dust your home two to three times per week. Wherever possible, wash clothes on a hot temperature (above 60 degrees) to kill the dust mites. You could also try an anti-allergy mattress cover and pillow protectors."



Keep stress in check by listening to a meditation or mindfulness app

MANAGE WEATHER CHANGES

YOU can't control the cold and ice, but preparing wisely for the unpredictable weather can help minimise the effects on your skin.

"Eczema reacts badly to rapid changes in temperature, as well as extreme hot or cold temperatures," says Anshu.

"High humidity, for example, can lead to symptoms similar to prickly heat, while low humidity may dry the skin out."

"Things like central heating in the winter can also often be a trigger."

She says the best thing you can do is make sure your home heating – keep it low and wear light cotton sleepwear/loungewear. If you're heading out into the cold, bundle up in a hat, coat and gloves, to keep affected areas out of the wind.

KEEP STRESS IN CHECK

THIS is easier said than done, but managing stress levels can help to keep eczema-prone skin in check during the winter months.

"Make sure you get enough sleep and try some methods to combat stress and anxiety," says Anshu.

Meditation and mindfulness apps are a great place to start. Calm (Calm.com) has a range of guided mindfulness programmes designed to help soothe the mind. Simply plug in, and switch off.

ASK THE EXPERT

Many pregnant women avoid flu jabs due to fears it may harm their baby – but experts reassure that it's safe and sensible to get the vaccine

Q I'M PREGNANT and haven't had a flu vaccination because I'm worried it might harm my baby. Is it really necessary to have one?

A MANDY FORRESTER, head of quality and standards at the Royal College of Midwives (rcm.org.uk), says: "For most of us, flu isn't a serious disease, though it can lay people low for a while."

"However, pregnant women are more vulnerable to catching the flu virus because their immune systems are a little weaker than normal."

"If a woman catches the flu while pregnant she has a higher chance of getting bronchitis or pneumonia."

"Pregnant women with flu are also at greater risk of having a miscarriage, giving birth early, or having a baby with a low birthweight."

"Tragically, flu can also be fatal – between 2009 and 2012, 36 pregnant women died from flu in the UK and Ireland."



The flu vaccine is safe to have when pregnant and effective too, the latest research shows, despite many expectant women's reluctance

"We know many women don't get vaccinated against flu when they're pregnant, and a recent survey by the Royal College of Midwives and Emma's Diary (emmasdiary.co.uk) showed that one of the main reasons women don't have the vaccine is because they're worried it could harm themselves or their baby."

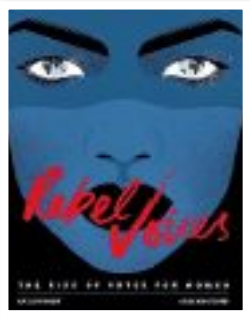
"But the latest evidence shows the flu vaccine is safe and effective to have when pregnant."

"Women who've had the flu vaccine while pregnant also pass some protection on to their babies, which lasts for the first few months of their lives."

"If women are worried about this, or any other vaccine in pregnancy, such as that for whooping cough, we advise them to speak to their midwife or doctor, who'll be able to offer information, advice and support."

FAMILY MATTERS

CHILDREN'S BOOK OF THE WEEK



REBEL VOICES: THE RISE OF VOTES FOR WOMEN

by Louise Kay Stewart and illustrated by Eve Lloyd Knight, Wren and Rook, £12.99, out January 11

RELEASED to mark the 100 year anniversary since women in the UK won the right to vote, Rebel Voices is a beautifully illustrated celebration of the brave campaigners around the world who fought for women's suffrage.

Discover that it was never illegal for women to vote in Ecuador, or how 40,000 Russian women marched through St Petersburg demanding their rights.

Find out how one Canadian woman changed opinions with a play, and Kuwaiti women protested via text message.

And learn that women climbed mountains, walked a lion through the streets of Paris, and starved themselves, all in the name of having a voice.

It's an easy to follow walk through history with beautiful illustrations by Lloyd Knight, whose work you might recognise from Stylist and Grazia magazines.

Kay Stewart is also the author of more than 200 books for young people.

PRODUCT OF THE WEEK



WE'RE expecting some January showers so make sure you give the rain some welly!

These lovely red polka dot Wellies are great for older girls, priced £17-£20 in Next.

While these sturdy green Wellington boots, £10-£12, from John Lewis, will certainly make a splash.

MANY CHILDREN FEEL ALONE - HERE'S HOW TO SPOT THE TELLTALE SIGNS AND HELP THEM, BY LISA SALMON

LONELINESS isn't only felt by older people - around 60% of parents worry their child is lonely too. And research suggests they might be right.

One study of pre-school children found more than one in 10 say they're lonely and unhappy with their social relationships, and other research concluded one in five children aged seven to 12 also feel lonely.

In addition, four out of five adolescents report similar feelings, with almost a third describing the experience as 'persistent and painful'.

The charity Action for Children has published a report on loneliness in children, young people and families, and says there are clear links between loneliness in young people and poor mental and physical health, and lower academic attainment.

Sir Tony Hawkhead, chief executive of Action for Children, says: "We know how loneliness can impact on lives - from a toddler who seldom meets people because of her mother's anxiety, to young carers with no time to make friends with people their own age."

There is a role for each and every one of us in addressing loneliness in our communities."

With the help of mental health charity YoungMinds, Action for Children has come up with some tips for parents to not only spot the signs of loneliness, but to help their kids deal with it too.

SIGNS TO LOOK OUT FOR

EVEN if a child doesn't say they're lonely you may pick up signs, for example if they:

- ALWAYS come out of school alone;
- AREN'T invited on play dates;
- DON'T go out with friends or have them round;
- SEEM to have a cloud over their head and sigh a lot;
- SAY they feel sad or depressed, and
- SPEND a lot of time by themselves or in their room - although,

remember some children are content to spend a lot of time alone, while others may be part of a large social circle but still feel lonely.

WHAT TO DO IF YOU THINK YOUR CHILD IS LONELY

■ TALK to your child. Show an interest in their friends and relationships.

Talk to them about what healthy friendships are and ask them how they feel about their friendships.

■ ORGANISE play dates at home or

in a local activity centre.

■ SHOW by example. If you were a lonely child, or are a lonely adult, your child might be mirroring this.

■ MAKE more friends of your own, for example through groups, activities and other parents, and help your child learn how to strike up conversations with new people, maybe by doing this yourself when you're out together.

■ TRY not to be dismissive or discouraging when your child wants to fit in with the culture of their

peers, as long as this doesn't carry any kind of risk.

School culture and being able to fit in is vitally important to children, most acutely in secondary school. It might not be clear what kinds of things are 'in' or 'out' - what computer games/TV programmes/music/fashion they know and identify with are inextricably linked to acceptance and friendships.

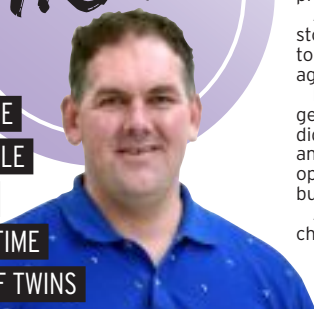
Listen to what they say and be open to what's really important to them.

Signs your child's lonely



RICHARD IRVINE

DOUBLE
TROUBLE
FOR A
FIRST-TIME
DAD OF TWINS



This year we decided to have a much more

CHRISTMAS had lost its sparkle over the last few years.

As a child, it was an incredible day, mostly because of the presents.

And then Father Christmas stopped making deliveries due to ever increasing demands and age-related restrictions.

I was left to rely on the generosity of my parents, who didn't understand my needs and were keen to explain they operated from a different budget.

At least there were still chocolates to eat on a morning but then Christmas gave the gift of alcohol.

The arrival of champagne,

Baileys and beer added some much-needed cheer to the festive spirit.

Unfortunately, the heady thrill of drinking in the family home was subdued by the perils of going out with old school friends on Christmas Eve.

Invariably, the last thing I felt like was alcohol after a night of extravagance in the local pub.

As the years disappeared then so did the presents, friends and enthusiasm.

It was still good but it was a long way from running down the stairs on a wintry morning to thrash through gifts.

Maybe the twins would bring

the party and give Christmas some sparkle. Well, they certainly made it more of a demanding festive holiday.

Instead of just feeding myself, I had to worry about others.

Instead of just sitting down to eat lunch, we had to time it with the twins' sleeping arrangements.

And instead of falling asleep, I changed some nappies.

There were also a lot of presents.

Although, we decided not to wrap our gifts to them, simply because we didn't think the twins understood the concept of a day dedicated to the birth of a boy 2,000 years ago.



More than one in 10 pre-school children say they are lonely and unhappy with their social relationships

■ SEE if there are groups or activities in your local area that your child would be interested in.
 Ask a teacher if you're not sure what activities your child's school offers, and go through the options with your child to see if anything appeals.
 ■ REMEMBER loneliness is a feeling, not a measure of number of friends or time spent interacting socially.
 ■ SUPPORT your child in building their resilience, such as celebrating achievements, taking on responsibilities, understanding other

people's feelings, and facing fears.
 ■ SPEAK to a teacher or other member of staff at your child's school – they may be able to help but also look out for signs once they're aware.
 ■ FIND ways of increasing communications and confidence with all sorts of people in different ways – texts to friends and relatives; chatting to neighbours; telling jokes; even learning magic tricks.
 ■ ENCOURAGE your child to watch out for other children who seem to be lonely and to go and chat to them.

Elfy Christmas than usual

These were all practical considerations concerned with time, money, effort and nappies but what about the festive atmosphere?

Strangely, these two little characters did 'bring the party'.

They didn't have a clue what was going on but just their presence was enough to transform the festivities.

They were dressed in little

This is so gonna cost when I'm old enough to ask Santa for pressies

glittery Christmas outfits with comedy elf hats and it cheered the heart to just look at them.

They watched us opening presents with a look of confusion, then cried all the way through anything I wanted to watch on television.

They looked bemused while I argued with Victoria's mother over roast potatoes.

It's difficult to pinpoint what they brought to the party but the indecipherable joy of children is clearly a theme.

Babies are hard work, time consuming and messy yet add excitement, emotion and fun to any social event.
 If only I could hire them out.



MY BEAUTIFUL UNICORN JOURNAL
 A magical diary for young children.
Reduced to £2.50,
theworks.co.uk

PERSONALISED TRAVEL JOURNAL

Planning a few trips this year? Your child can record their adventures in this great journal.
£12, onneke.com



FIVE YEAR DIARY WITH LOCK
 We have fond memories of having a diary just like this one as a child. **£28,**
notonthehighstreet.com

KIDS' PUZZLES!

SPOT THE DIFFERENCE

Can you spot the six differences between the pictures below?



WORDSEARCH

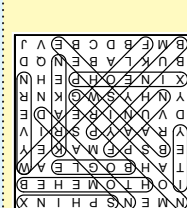
Can you find all these mythical creatures in the grid?

BANSHEE
 BEHEMOTH
 BOGLE
 BUNYIP
 DRAGON
 FAUN
 GRYPHON

KRAKEN
 PHOENIX
 SPHINX
 WEREWOLF
 WYVERN
 YETI

N	M	E	N	S	P	H	I	N	X
I	O	H	T	O	M	E	H	E	B
T	A	H	B	O	G	L	E	A	W
E	B	S	P	F	M	A	K	E	Y
Y	R	A	A	Y	P	S	R	I	V
D	V	U	N	I	R	E	A	D	E
Y	N	H	Y	S	W	G	K	N	R
X	I	N	E	O	H	P	E	H	N
B	U	K	L	A	B	E	N	Q	D
B	M	F	B	D	C	B	E	V	J

Solutions



FOOD & DRINK

REFRESHING
SALADSRI LANKAN
GOTU KOLA

"Gotu kola salad is a sort of Sri Lankan tabbouleh, but the coconut replaces the bulgur wheat, which makes it gluten-free," explains Emily.

"Gotu kola is a beautiful herb similar to pennywort. Highly nutritious and delicious, it is hard to find a substitute, but I use a mix of parsley and mint which is just as good."

INGREDIENTS: (Serves two as a side dish)

30g flat-leaf parsley, finely chopped
15g mint, finely chopped
50g freshly grated coconut
Juice of 1 lime
Sea salt and freshly ground black pepper
½ small red onion, thinly sliced
A handful of cherry tomatoes, chopped
2 anchovies, finely chopped

Optional:
1 green chilli, deseeded and thinly sliced
1 spring onion, finely chopped
1 celery stick, thinly sliced
Handful of pomegranate seeds

METHOD:

1. Put the parsley and mint in a bowl. In another bowl, add the coconut and season with the lime juice and some salt and black pepper.

Stir well and add to the herbs along with the onion and tomatoes.
2. Add the anchovies (these are a must if you aren't vegetarian) and any of the optional ingredients you like.

If you are serving with a spicy curry, avoid the green chilli and serve as a refreshing salad, seasoned well with lime juice and salt.

Making curry cool

CHEF EMILY DOBBS IS BRINGING HER TAKE ON SRI LANKAN COOKING TO THE UK, WRITES **ABI JACKSON**

TOO often, the cuisines of South Asia are lumped into one pot and blandly labelled 'curry'. The nuances between Keralan and Nepalese, Bangladeshi and Pakistani food are largely ignored – especially if your only contact with them is via your local takeaway.

Until recently, Sri Lankan food was similarly neglected, but British chef Emily Dobbs is single-handedly trying to raise its profile. With an interest in fresh, seasonal dishes, she wants to "remove the stigma that curries have to be greasy, oily and a takeaway food".

"I often have a curry with scrambled eggs and salad; they can be really light and really colourful," she enthuses. "It's time we see Sri Lankan food as a distinct cuisine".

The 29-year-old Londoner's debut cookbook, *Weligama* is like sunshine distilled. The pages are filled with coconut curries, zingy salads, hot and sour sambals and her egg hoppers – lacy crepe bowls with a soft boiled egg perched in the middle ("they look cool, and they're really delicious").

Emily made her name whipping up hoppers, selling them from her market stall in south London. "Egg hoppers will become as recognisable as Eggs Benedict," she says, adamant.

She reckons that so far, the flavours of Sri Lanka – think turmeric, cinnamon and tamarind – have been prevented from travelling further because of the country's recent civil war, but that's set to change.



Emily enjoying a taste of Sri Lanka – the egg hopper

"People ask me why I cook Sri Lankan food, and it's because I like it," explains Emily, who started visiting her uncle in the country as a child. "The first time I tried avocado, it was in a sweet Sri Lankan dessert. We ate with our hands, and ate things like shark curry – everything was so exotic and exciting."

However, don't pick up *Weligama* expecting traditional recipes handed down through the generations. "You wouldn't get food like this in Sri Lanka – I take

classic Sri Lankan and British recipes and modernise them."

By 'modernise', she means lightening and brightening, and, where possible, swapping ingredients for ones you can actually find in the UK – for instance, you can't get "beetroot the size of my head" in Britain, nor "this amazing buffalo curd yoghurt" that Emily loves, which is kept in clay terracotta pots and left out all day in the sun: "It's just really satisfying to eat."

Emily, who trained at Ballymaloe Cookery School, began cooking in her early-20s, after studying for an art degree in Manchester. To tackle artists' block, she went travelling and wound up cooking to support herself. She made her first curry while working with a "hillbilly" on a ranch in Wyoming. "He would just let me cook anything," she remembers. "Thursday was my night and I'd cook curries. My granny, who's 86 and once lived in Delhi, she'd email me recipes." The recipe for the first curry she attempted, her grandmother's peas and cheese dish, is in *Weligama*.

Emily's egg hopper street food stall is currently on hiatus, but she runs supper clubs and pop-ups, and dreams of running her own restaurant one day. "I'm always cooking, I feel my most relaxed when I'm cooking – it really calms me down," she says thoughtfully. "I put all my creativity into food, it's a mindful thing, it's very artistic and creative – all the colours and textures – it's how I express myself"

■ **Weligama: Recipes From Sri Lanka** by Emily Dobbs, photography by Issy Croker, is published by Seven Dials, priced £25



HAPPY New Year everyone! It's always exciting to start a brand-new year with loads of resolutions which will be forgotten by, oohh, maybe next Wednesday? One thing's for sure, I bet many of you are embarking on Dry January (good luck with that) while others might be wanting to cut back on alcohol and sugary drinks.

I had an email from a reader asking if I could mention whether a wine is sweet, medium or dry – he's a diabetic and to him that's an important decision when he's buying wine. I'll try to do that when I can.

Dry wines are the lowest in sugar content as, during fermentation, the yeast has converted more of the sugars into alcohol. The downside is the wines might have more alcohol.

RAISE A GLASS

WITH JANE CLARE



You can't win them all.

Meanwhile, if you're looking for low-alcohol options at the top of the year, there are a couple of new lines in Marks & Spencer and the Co-op.

The Co-op has brought out **The Slender White and The Slender Red**. They're both 8.5% abv and cost £6.99 and might not knock your socks off in terms of flavour but they're a good couple of drinks to have around on your wine rack if

you want a glass of something with a midweek meal but without a full-blown alcohol hit.

Just like the Co-op, Marks & Spencer's range **Sumika** isn't backward in coming forward by declaring on the front of the wines that they have "reduced calories and alcohol". There's **Sumika Shiraz** (blackberries and a hint of oak), **Sumika Sauvignon Blanc** (light elderflower notes) and **Sumika Rosé** (red fruits, from cinsault grapes). All the wines are from South Africa, are £7.50 and 8.5% abv.

If fizz is your thing but you want zero alcohol, then a fun offering is **The Bees Knees** (between £3.49 and £3.99, Ocado, Adnams, Booths and Morrison's). It is made from grape juice, infused

with green tea and as well as having no alcohol, it is also half the calories of the average fizz. You can still do the drama with the popping and the fizzing so you don't miss out. There's a white and a pink version, so you can pick and mix to suit your mood.

■ **Also in my glass ... Well hello to Ginuary!!** EACH January I celebrate all things gin, and this week I kick off with a gin liqueur (well, a selection of three to be honest). St Andrews-based craft distillery, Eden Mill, has launched a new range of gin liqueurs in very pretty slimline bottles. They have created **Lemon and Raisin** (20% abv), **Strawberry and Cracked Black Pepper**

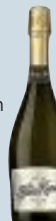
(25% abv) and **Pear and Cassia** (25% abv). They are £16 each from edenmill.com.

I tasted the strawberry as a snuggle on its own, with just a crush of ice, and it was elegantly fruity, not over-rich and had a slight dash of spice.

For the perfect serve, the distillery recommends serving the liqueurs over ice in a highball glass topped with soda, a dash of bitters and a fresh garnish. Or how about adding a splash to a glass of fizz (I tried that too and it was an mmmmm from me!!)

Good luck with the resolutions.

■ **Jane is a member of the Circle of Wine Writers.** Find her on social media and online as One Foot in the Grapes.



AMBUL THIYAL is a dry, sour and spicy curry. Goraka – a yellow fruit that turns black and sour when sun-dried can be hard to find in the UK, so Emily has replaced it with lime juice, tamarind and ginger.

INGREDIENTS: (Serves 2-4 as a side dish)

500g fresh tuna steaks; 1tbsp chilli powder; 2tbsp roasted curry powder; 1tbsp freshly ground black pepper; 1tbsp vegetable or coconut oil; handful of curry leaves; 5g pandan (if you can find it); 2 small red onions, thinly sliced; 1-2 green bird's-eye chillies, de-seeded and sliced; 10g fresh ginger, peeled and sliced; 10g garlic, peeled and sliced; 1tsp sea salt, plus extra pinch; 1tbsp tamarind paste; 1 cinnamon stick, broken in half; squeeze of lime juice
To serve: A handful of coriander leaves 1 lime, cut into wedges
Sliced avocado and green salad (optional)

METHOD:

1. Chop the tuna into 3cm pieces and marinate with the chilli powder,



FISH FIRST

TUNA
AMBUL THIYAL

curry powder and black pepper. Set aside.

2. Heat the oil in a saucepan and, when beginning to smoke, add the curry leaves followed by the pandan, onions, green chillies, ginger and garlic. Season with the salt.

Fry for a couple of minutes then add the fish and two tablespoons of water, and the tamarind paste, cinnamon and a big pinch of salt. Stir and cook on a high heat for a minute then add a squeeze of lime juice.

3. Serve with coriander leaves and lime wedges, with some sliced avocado and a green salad, if you like.

INGREDIENTS: (Serves 4)

2kg free-range chicken; ½ quantity chilli butter, melted; 800ml coconut milk; sea salt and freshly ground black pepper;
For the chilli butter: 250g salted butter, softened; 4 red bird's-eye chillies, deseeded and finely chopped; 1tsp chilli powder; 2tsp turmeric; 1tsp smoked paprika; 15g garlic, peeled (optional);
For the marinade: 500g natural yoghurt or curd; 50g fresh ginger, peeled and roughly chopped; 50g garlic, peeled; 1tbsp chilli powder; 1tbsp turmeric 1tbsp freshly ground black pepper
For the brown sugar limes: 4 limes; 2tbsp coconut oil, melted; 2tbsp brown sugar or grated jiggery
To serve: Chopped fresh herbs; pomegranate seeds

METHOD:

1. **For the marinade** – whizz everything in a blender, or grate the ginger and garlic and combine with the yoghurt and spices. And make the chilli butter – also whizz everything in a blender (save half in the fridge for another time).
2. Spatchcock the chicken. Turn it over onto its back with its head facing you. Cut down each side of the spine with scissors, then turn the chicken over and press down



RE-THINK THE ROAST

SPICED ROAST CHICKEN
WITH BROWN SUGAR, LIMES
AND COCONUT MILK

hard on the breast with both hands until you have flattened it – or ask your butcher to do this.

3. Cover with the marinade, inside and out. Leave overnight in the fridge or for at least two hours.

4. Preheat the oven to 200°C/fan 180°C/gas 6 and fit the bird in the roasting tin with the coconut milk and cook on the middle shelf for 45-50 minutes (for a large 2kg chicken), basting the chicken juices and coconut milk over the

chicken every 10 minutes or so.
5. Meanwhile, cut the limes in half and put in a bowl. Mix in the oil and sugar and place skin side down on a baking tray with most of the sugar on the flesh. Place on the top shelf of the oven in the last 20 minutes of cooking.

6. Put the chicken juices and coconut milk that remain in the tin through a sieve and season to taste with more salt or brown sugar if necessary. Transfer the chicken to a warm serving plate and leave to rest for at least 20 and up to 40 minutes uncovered, then serve it with the sieved sauce, the brown sugar limes, some chopped fresh herbs and pomegranate seeds (and any optional sides you fancy).

HarlowStar

Reader Offers

Newmarket Holidays



Portofino, Florence & Tuscany

8 days from £759 Flying direct from an airport near you, May to October 2018

Explore one of the Med's most exclusive corners.

Tour highlights

- ✓ A week's stay in one of Tuscany's most celebrated spa resorts
- ✓ Discover elegant Santa Margherita Ligure's stunning bay
- ✓ Pay a visit to chic Portofino
- ✓ Enjoy Pisa and Lucca, two Italian gems
- ✓ Spend a day in breathtaking Florence
- ✓ Fully escorted by a friendly, experienced tour manager
- ✓ Seven nights' three-star half-board hotel accommodation, return flights and transfers

*Book by 14 Feb 2018 quoting code JANSHB. Prices shown do not include discount. Offer subject to availability and may be withdrawn at any time.



Hidden Secrets of Northern Cyprus

8 days from £719 Flying direct from London Stansted, Apr to Jun, Sept to Dec 2018, Jan to Apr 2019

Explore the beautiful, unspoiled north of Aphrodite's Isle.

Tour highlights

- ✓ Stay in Kyrenia and explore its harbour and castle
- ✓ Visit St Hilarion's 'fairy-tale' fortress, and idyllic Bellapais,
- ✓ Discover divided Nicosia and walled Famagusta
- ✓ See Salamis Roman ruins and 'Ghost city' Varosha
- ✓ The Karpaz peninsula is Northern Cyprus at its best
- ✓ Fully escorted by a friendly, experienced tour manager
- ✓ Seven nights' three-star half-board hotel accommodation, return flights and transfers

*Book by 14 Feb 2018 quoting code JANSHB. Prices shown do not include discount. Offer subject to availability and may be withdrawn at any time.

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HarlowStar

Reader Offers

Newmarket Holidays



Splendours of the Rhine & Moselle

7-day River Cruise from £1149

Flying from London Stansted, Sept & Oct 2018

Explore impossibly pretty towns and villages flanked by vineyards, and crowned by fairytale, turreted castles.

Tour highlights

- ✓ 6 nights' full board accommodation on board Olympia
- ✓ Sail from Rhine capital Cologne into the River Moselle
- ✓ Call at Cochem, Traben-Trarbach and Bernkastel-Kues,
- ✓ Enjoy a full-day excursion by coach to Roman Trier
- ✓ Call at Koblenz and Rhine-side Andernach
- ✓ On-board evening entertainment, English commentary and a cruise manager
- ✓ Return flights and transfers

*Book by 14 Feb 2018 quoting code JANRC. Prices shown do not include discount. Offer subject to availability and may be withdrawn at any time.



Amsterdam & Bulbfields Cruise

4-day River Cruise from £549

Flying from an airport near you, April 2018

Discover Keukenhof, the world's most famous springtime gardens and pretty historic fishing villages.

Tour highlights

- ✓ 3 nights' full board accommodation on board Olympia
- ✓ Embark in Amsterdam – delightful Dutch capital
- ✓ 'Golden Age' port Hoorn, Flevoland capital Lelystad and Artists' inspiration Zaandam
- ✓ Included half-day excursion to the Keukenhof Gardens
- ✓ On-board evening entertainment, English commentary and a cruise manager
- ✓ Return flights and transfers

*Book by 14 Feb 2018 quoting code JANRC. Prices shown do not include discount. Offer subject to availability and may be withdrawn at any time.

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HEALTH & LIFESTYLE

POST-CHRISTMAS is the busiest time of the year for gym memberships after we've over indulged on the turkey and prosecco.

The first few sessions of anything new can be nerve-wrecking – especially when there's new lingo, machines and equipment to, quite literally, get to grips with.

Reps, sets, DOMS, plyo – sorting out all the gym jargon can be enough to bring you out in a sweat, even before you've pumped your way through a class. Here's a quick rundown to get you going like a pro:

B

■ BATTLE ROPES

NO, you haven't walked into the ring! Weighted ropes offer full body strength training, and are great for your core and upper body. If you're new to the gym or working out, it's worth getting some direction before hitting the ropes.

■ BENCH PRESS

USING a weights bench to lift a weighted barbell. Best to use a spotter (explained later).

■ BLT

ANOTHER name for Bums, Legs and Tums; these classes concentrate on toning up and strengthening these areas of the body.

■ BODY COMBAT

NON-CONTACT martial arts routines set to music in a class format.

■ BODY PUMP

A FAST paced, weights and cardio workout in a studio/class; improves strength and tones your body shape.

■ BOXFIT/BOXERCISE

NON-COMBAT cardio sessions based on boxing moves.

■ BURPEE

A VARIATION on the squat thrust and a mainstay in a BLT class.

C

■ CARDIO

THE shortened version of cardiovascular exercise; meaning exercise that gets your heart pumping, strengthening your heart, lungs and blood vessels.

Adults should aim for 150 minutes of cardio a week (kids need to do an hour a day). Also called aerobic exercise or CV.

■ CIRCUITS

A TYPE of exercise class that involves moving quickly from one exercise to another and doing a set number of each exercise to keep your heart rate high.

■ CORE

THIS relates to your core muscles, the muscles in the middle of your body that control your balance and stability.

D

■ DOMS

DELAYED Onset of Muscular Soreness, or that aching feeling you get a day or two after exercise.



Boxercise

Get your kettle on

KNOWING YOUR GYM JARGON IS A GREAT WAY TO BEGIN YOUR FITNESS JOURNEY AND FEEL AT HOME IN THE GYM, SAYS **RUTH LYNCH**

F

■ FREE WEIGHTS

YOU can't take these home with you! Includes dumbbells, barbells and weight plate machines.

■ FUNCTIONAL TRAINING

EXERCISE to help strengthen you for everyday activities like walking.

H

■ HIIT

STANDS for High Intensity Interval Training, a form of cardiovascular training that is good for burning fat.

HIIT workouts comprise short bursts of high intensity activity, followed by a short rest session or low intensity activity.

K

■ KETTLES

BEFORE you go and get the teabags, this doesn't refer to the thing that heats your hot water! Kettles, or kettlebells, are cast iron or steel weights that look a bit like a cannon ball with a handle.

L

■ LIFTING

ALSO known as strength training, weight training, resistance training or 'pumping iron'. Lifting refers to weight lifting, using weights, kettlebells, dumbbells, bodyweight and resistance machines.

P

■ PLATES

NOT what you eat off! Plates are the flat weights you put on a barbell or that are fitted to a weight plate machine.

■ PB

MEANS personal best; the best time, sets, reps or weight you've ever completed.

■ PLANK

A CORE-stabilising exercise that strengthens your entire body. It looks like a push up but with your forearms resting on the floor, while you hold your body still. It's harder than it sounds!

■ PLYO

STANDS for plyometric. These movements (like explosive skipping and vertical jumps) are designed to increase speed and explosiveness, whilst strengthening joints and muscles.

■ PROGRESSION

MEANS anything you progress in; from increasing weights, to how much you can lift, to the time you can do something in. Track your progression to gauge improvement and see what needs more work.



The plank is harder than it looks



A personal trainer will help you improve

■ PT

STANDS for Personal Trainer. PTs usually work one to one with a client and develop bespoke training plans based on their fitness goals. They also offer support and encouragement when things get tough!

R

■ RESISTANCE

THIS refers to any form of exercise that forces your muscles to contract using an opposing force – like weights, bodyweight, resistance bands or resistance machines.

■ REPS

ALSO known as repetitions and refers to repeated movements or exercises.

S

■ SETS

THIS refers to how many times a number of repetitions of the same exercise will be performed before resting and changing exercise.

■ SPIN

SPINNING is a form of high energy

indoor cycling and is a cardio exercise set to music. Spinning classes are led by a certified instructor and will be from 30-60 minutes long.

■ SPOTTER

SOMEONE who will assist and encourage you during a session, while making sure you're doing your exercises properly/safely and often you reverse roles, so it could be your gym buddy.

■ SQUAT

SQUATS are an exercise that strengthen the thighs, hips and buttocks.

■ STEP

AN aerobics class that uses a small platform for you to step on and off to music.

■ SUPERSET

TWO exercises performed back to back without rest. They can either work the same muscle group, or opposing groups.

A giant, or compound, set is three to four exercises performed in this way.

Y

■ YOGALATES

A MIXTURE of yoga and Pilates.

Z

■ ZUMBA

A LATIN inspired cardio dance class that mixes salsa, rumba and funk.

■ RUTH Lynch is a Communities & Group Exercise Manager at Life Leisure sports trust.

There are plenty of classes you can do to keep fit this winter

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ABTA

BEAUTY COUNTER

Nailed on for winter

Follow these eight expert tips to get strong and stable nails all winter long, says **KATIE WRIGHT**

WHY is it that in summer our nails are long, strong and practically invincible, but as soon as we get the first whiff of winter in the air they start snapping like nobody's business?

"With winter setting in, nails take a pummeling from the dropping temperature outdoors and the dry atmosphere indoors," says Pupinder Ghatora, pharmacist and co-founder of Ingenious Beauty. "It is not surprising that they can do with a little extra help."

It's not just snap-happy nails we have to contend with; splitting and flakiness also feature high up on the cold weather complaints list, and there's a scientific explanation for that.

"Onychoschisis is a condition that causes horizontal splits within the nail plate," explain the founders of Dr's Remedy, podiatrists Dr Adam Cirilcione and Dr William Spielfogel. "Nail splitting is often seen together with onychorrhexis - long-wise splitting or ridging of the nail plate - and these two diseases together are called 'brittle nail syndrome'."

Exacerbated by frequent exposure to water or chemicals, plus diet or medical issues, the condition has numerous causes, but the good news is, there are lots of ways to prevent it.

Whether you suffer from this unsightly syndrome or just want to improve your nails' strength, here are the do's and don'ts you should follow if you want smooth unbroken nails this winter.

DON'T SOAK YOUR NAILS IN WATER

"WASHING up, having a bath, or even a traditional manicure offering a soak in a bowl are all great big no-nos," says Georgie Smedley, founder of nail brand All That Jazz.

"Exposing your nails to water makes them swell, with, you guessed it, water, and while you may not think that's a bad thing, it really is bad for those poor little beauties. Although the water in the nail plate will evaporate in around 30 to 60 minutes, the harmful part is that it will take with it all the good oils that are meant to stay in the nail, therefore stripping the nail plate of all its flexibility, adding to the problem of brittleness."

DO APPLY CUTICLE OIL - AND LOTS OF IT

"YOU'RE obviously not going to avoid having a bath, washing your hair, or showering, but be sure to smother your nails in cuticle oils to re-hydrate and protect from those nasty low-down breaks," Georgie continues.

Celebrity manicurist Michelle Class agrees to:

"By using cuticle oil daily you will help to stop flaking, brittleness, and flexibility by hydrating them."

Try Dadi Oil 95% Organic Nail Treatment Oil, now £3.56 from £3.95, NailPolishDirect

DON'T FORGET TO WEAR GLOVES

"KEEP those digits inside gloves where possible," Georgie says. "The frequent temperature changes from being indoors to outdoors will cause excess dehydration, so wearing gloves will help regulate their temperature. And don't forget washing up gloves - they count towards great protection too."

DO KEEP YOUR NAILS SHORT

"KEEP nails at a reasonable length, and slightly shorter than normal, as they are at a greater risk of breaking during winter months," Georgie advises. "A good quality file will seal the edges and prevent peeling. Try to use a glass file, such as the All That Jazz Glass Nail File, £8.39, which has a super fine surface and will seal the free edge, leaving it smooth and snag free."

DON'T BE TOO ROUGH WITH YOUR NAIL FILE

"IF YOUR nails need trimming, clip gently or use a file to take the length down," recommends Alison Dowse, IZ Beauty educator and celebrity nail technician. "Filing the correct way with the right file will help reduce any splitting or damage to the natural nail. File gently across the free edge of the nail in one direction keeping the file flat on the edge of the nails."

Give this IZ Beauty Pink Shaping File, £1.20 a go.

DON'T NEGLECT YOUR HANDS

"PROBLEM skin causing nail disorders? Psoriasis, dermatitis and eczema can all

contribute to a damaged matrix - the nail root where it's formed," Georgie says. "Using a wax cream such as the healing Bee Bar, £14.99 from All That Jazz coats the skin and nails with a barrier and helps heal the skin and give day long protection from the elements."

DO CONSIDER A COLLAGEN SUPPLEMENT

"WE KNOW collagen is so important in keeping our skin, hair and nails healthy and strong," Pupinder says, but most collagen we ingest, whether from natural sources or supplements, is broken down in the stomach so can't be absorbed in the small intestine and used in our bodies.

And she claims: "Ultimate Collagen+ by Ingenious Beauty has actually produced a supplement that delivers collagen in a plant cellulose capsule that is protected from the action of the stomach and breaks down almost immediately in the small intestine delivering a targeted amount of collagen to the blood."

Ingenious Beauty Ultimate Collagen+, £75 for 40 days supply.

DON'T USE ACETONE NAIL VARNISH REMOVER

"IF YOU'VE got a nail polish on, and it needs removing, avoid using acetone-based removers, unless you've got gel polish on, as they can be particularly drying on nails and the skin around it," Allison says. "Instead, soak a cotton pad in IZ Beauty Cleanse, £3, an acetone-free nail varnish remover enriched with hydrating oils, and gently press onto the nail for a few seconds to loosen the polish, before swiping off the remainder with a new pad."



Give your face a boost after a boozy holiday season, says **KATIE WRIGHT**

AFTER a tiring 12 days of drinking, eating, partying and arguing with the in-laws, the New Year is finally upon us.

The start of the year always seems to arrive at the worst possible time - you're weighed down after consuming a month's worth of food in one week, and bleary-eyed after drinking well into the small hours.

Armed only with a long list of unlikely resolutions for company, January is a tiring month. But while this may not be the year that you stick to that new workout regime or overhaul your diet, there is a more manageable task you can take on right now - giving your face a lift after a full-on few weeks.

Treat yourself to a post-Christmas present and try one of these masks, and you'll be able to truly conquer January.

1 FOR STRESS RELIEF: Manuka Doctor Overnight Lavender Mask, £24.99 (manukadoctor.co.uk)

2 FOR DE-PUFFING EYES: Peter Thomas Roth Cucumber De-Tox Eye Patches, £39, Harvey Nichols (harveynichols.com)

3 FOR GETTING RID OF TURKEY NECK: Beauty BLVD Divine Hydra Gel Neck Mask, £14.50 (beautyblvd.com)

4 FOR MOISTURISING: Caudalie Moisturising Mask, £20.90, Escentual (escentual.com)

5 FOR UNCLOGGING PORES: Origins Clear Improvement Active Charcoal Mask, £25, John Lewis (johnlewis.com)

6 FOR VERY DRY SKIN: Payot Hydra 24+ Baume-En-Masque, £28, Escentual (escentual.com)

7 FOR BRIGHTENING: Frank Body Glow Mask, £16, Oliver Bonas (oliverbonas.com)



Dadi Oil 95% Organic Nail Treatment Oil



All That Jazz Large Bee Bar



Ingenious Beauty Ultimate Collagen+



IZ Beauty Pink Shaping File

STYLE GUIDE

Winter warmers

Invest in a fun new knit to see you through the rest of winter says **KATIE WRIGHT**

CHRISTMAS is over, so it's time to pack away your reindeer/snowflake/tinsel-covered jumper until next December – but the season of snugly sweaters has only just begun.

And this year's winter warmers are fabulously fashionable, with blouson sleeves, fluffy fabrics and pretty embellishments making them anything but basic. And far from novelty knits, these are chic separates

that you'll wear from months to come.

You'll want to make sure you don't suffer a festive fashion hangover, however. Tick off several AW17 trends, by swapping sparkle for pearls, sequins for mohair and Fair Isle motifs for floral embroidery – and consider the cardigan, which has made a catwalk comeback of late. Clothes can't cure the January blues entirely, but these jolly jumpers sure can help...



1 Right: Zara fuchsia oversized jacket, £49.99; printed midi dress, £69.99; square toed high heel leather ankle boots, £95.99



2 Left: New Look chunky knit mustard cardigan, £19.99



3 F&F floral bishop-sleeve jumper, £30, Tesco



4 V by Very pearl bead trim biloon sleeve jumper, £35, Very.co.uk



5 Miss Selfridge grey pearl embellished sweatshirt, £32; black A-line cord skirt, £28



6 H by Henry Holland red oriental floral embroidered sweater, currently reduced to £19.50 from £39, Debenhams



8 Girls on Film embroidered floral jumper, currently reduced to £16 from £32, Little Mistress, little-mistress.com



9 Jigsaw mohair balloon sleeve jumper in petrol, £150

7 Oliver Bonas mild mohair jumper, £69.50, oliverbonas.com

PUZZLE TIME

Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Animated films

H	P	Y	A	G	C	A	L	I	T	E	T	L	E	S
A	P	F	D	A	S	R	N	E	T	L	H	B	I	D
T	E	E	A	M	U	K	C	K	C	I	E	C	R	E
P	U	O	T	S	N	G	I	B	A	P	I	N	T	K
S	S	O	F	A	D	F	H	L	E	S	E	L	A	R
I	N	B	L	U	N	U	C	E	M	E	D	S	H	A
A	D	E	H	S	A	P	Y	F	I	V	E	E	G	D
W	A	H	I	S	T	E	R	O	N	O	R	T	H	E
I	Y	C	C	N	O	R	S	T	D	O	M	E	E	H
C	F	E	K	E	M	N	I	S	I	N	G	N	U	O
E	I	L	S	N	R	U	N	Y	O	T	G	A	R	Y
A	G	U	G	I	R	H	C	R	A	N	O	R	D	N
T	E	B	A	S	T	C	E	R	T	A	E	H	A	I
H	I	G	S	A	M	E	B	O	O	T	L	O	R	T
E	N	H	T	M	A	R	E	F	U	I	L	W	T	O

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

R	F	A	O	C	D	E	S	R	D
W	R			L	I			I	P
A	B	R	D	U	K	L	E	T	
T	U			D	M			C	Z
R	D	E	L	P	E	T	D	S	H

Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

1		3			5	9		6
	2		9	3				1
	4	9				3	2	
4	7			9		6		
2			4		7			8
				6			7	3
	1	2			6		3	
3				8			1	5
8		5	1			7		

Hard

2					6			
1				5		9		
	8			9	4	5		
	1			8		3		6
7		6		3			8	
	9	4	2				1	
		2		9				4
			3					5

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

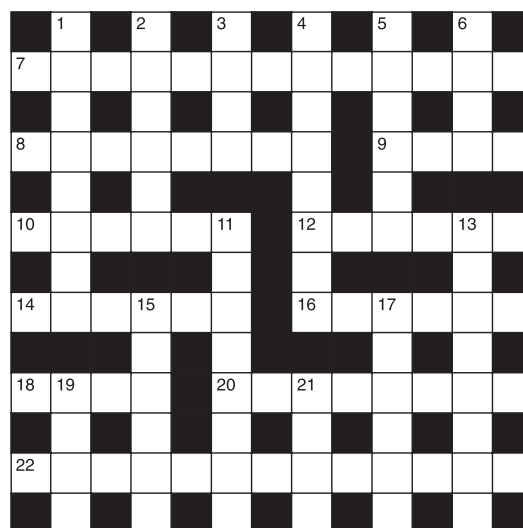
Cryptic

Across

- Working together to put letter in peculiar local speech (13)
- About fifty vie with each other to finish (8)
- Nocturnal creatures at the wicket (4)
- The company in this place stick together (6)
- Truce to negotiate with youth leader (6)
- Late transport (6)
- Take the tents down, perhaps, and make off (6)
- Some fuzz includes metal (4)
- Silent on vessel, not being inclined to speak (8)
- Driving on black? (3-10)

Down

- The doctor isn't a person to show no variation of pitch (8)
- Please pass (6)
- Clever bighead falls in the drink (4)
- Read about the others inside being apprehended (8)
- Steady horse here (6)
- The length of the bottom? (4)
- Subversive leader leaves choice to the polls (8)
- Root worm out, but not today (8)
- I creep round to get formula (6)
- Most clever set-up in dock (6)
- Time for detail (4)
- Use a cudgel on social group (4)



Scribble pad

Quick

Across

- Cooperation (13)
- Entire (8)
- Flying mammals (4)
- Stick together (6)
- Contract (6)
- Funeral car (6)
- Abscond (6)
- Metal (4)
- Reserved (8)
- Means of driving forward (3-10)

Down

- Speech with unvaried pitch (8)
- Pass by (6)
- Competent (4)
- Stopped (8)
- Firm (6)
- Unit of length (4)
- Ballot (8)
- Day after today (8)
- Method (6)
- Most pretty (6)
- Article (4)
- Association (4)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

25	18	23	4		25	7	8	16	14	12	19	23
6		10			1			14		19		9
14		7	23	1	20	16	23	11		1		23
16	25	1				8			13	6	14	26
4		17		25	18	26	13			11		17
	24	23	23	6		1		20	14	22	22	8
				1		13		1				
21	18	16	16	8		18		5	18	17	3	
19		7			1	13	14	26		18		15
16	5	1	11			19			1	16	7	
11		20		5	23	23	2	23	26	20		1
23		23		23			14			23		16
20	14	16	1	21	17	23	20		25	6	14	4

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

15 words - average; 20 words - good; 25 words - very good; 30 or more - excellent.

R	H	A
U	W	S
E	E	O

Quiz

- Ben Miles and Jessica Raine are among the stars of which BBC1 drama, set in Aden in the 1960s?
- Which observatory was commissioned by Charles II in 1675?
- On which Italian island is the volcano Mount Etna?
- Which scientific organisation was founded in London in March 1799?
- What is the highest mountain in the world?



Q1 - Ben Miles

- Which Verdi opera was (incorrectly) thought to have been composed for the opening of the Suez Canal?
- Which radioactive element has the chemical symbol U?
- Who was Lord Protector of England from 1653 to 1658?
- Who was the mother of Edward VII?
- What was the name of King Arthur's magic sword?

LAST WEEK'S SOLUTIONS

Pathfinder

Hell's Kitchen, Can't Cook Won't Cook, MasterChef, Two Fat Ladies, Heston's Feasts, The Great British Bake Off, The Naked Chef, Sunday Brunch, River Cottage, Come Dine with Me, Food Glorious Food, The Hairy Bikers, Ready Steady Cook, Saturday Kitchen Live, Nigellissima, Baking Made Easy.

Quiz

- The Child in Time; 2. Normandy; 3. Royal Navy; 4. Tear gas; 5. Royal Horticultural Society; 6. Tendons; 7. Noah; 8. British Legion; 9. Mark Twain; 10. Australia.

Two-Speed Crossword

Across: 1 Eddy; 8 Excellence; 9 Insignia; 10 Down; 12 Checks; 14 Events; 15 Trance; 17 Retort; 18 Asti; 19 Ecstatic; 21 Management; 22 Oust. Down: 2 Dawn chorus; 3 Yeti; 4 Scones; 5 Please; 6 Dead heat; 7 Dean; 11 Waterwings; 13 Cannibal; 16 Eleven; 17 Rasped; 18 Aims; 20 Alto.

Wordsquare

BEHOLDING

Sudoku

6	3	8	1	2	4	5	7	9
9	4	7	6	3	5	8	2	1
2	1	5	7	9	8	6	3	4
4	8	2	9	5	1	7	6	3
3	6	9	4	8	7	1	5	2
5	7	1	3	6	2	4	9	8
1	9	4	5	7	3	2	8	6
8	5	3	2	1	6	9	4	7
7	2	6	8	4	9	3	1	5

Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13
H	X	U	D	Y	E	Q	W	R	Z	L	B	A
14	15	16	17	18	19	20	21	22	23	24	25	26
N	M	G	F	P	V	C	K	S	O	I	T	J

Split Decision

G	N	O	M	E
A		W		A
M	I	N	O	R
E		E		L
S	A	D	L	Y

SHOP HOME



Marled Indigo cotton woven rug, £38, dashandalbert.europa.com



Drybrush blue woven cotton rug from varying sizes, £51, dashandalbert.europa.com



Above: Chocs bean bag in cream, £245, loaf.com

Right: Zone Denmark hide felt laundry basket in cool grey, £62.95, black-by-design.co.uk



Cult Design Z style Dane wooden lounge chair, £359, cultfurniture.com



Voyage table lamp antique copper ball with shade, Dar Lighting Group, £117.60, darlighting.co.uk

NEW YEAR'S WEAVE

Add texture and colour to your home with these pretty textiles and feature pieces, says **DAN BEAVAN**



Wool weave cushion cover, £32, iansnow.com



Melin Tregwynt vintage star cushion, £55, rume.co.uk



Below: Papa storage, £265, loaf.com Mustard cob weave throw, £59, thebritishblanketcompany.com



Pappelina Mono Storm light grey runner rug, £149, cloudberryliving.co.uk



...SALT AND PEPPER SETS



WINE CELLAR

Champagne cork salt and pepper set, lifestyle Annabel James, £29.99 annabeljames.co.uk



SHEER GLASS

Glass jar salt and pepper set, The Contemporary Home, £9 tch.net



SHOW YOUR STRIPES

Salt and pepper zebras, RED5, £9.95 red5.co.uk



SHAKE & PAC

Pac Man pots salt and pepper ghosts, Yellow Octopus, £11.60 yellowoctopus.com



PROPERTY TALK

With Nigel Lewis

DROP DEAD GORGEOUS



Fans of bestselling crime author Agatha Christie, above, have had plenty to celebrate following the release of Kenneth Branagh's new version of *Murder on the Orient Express* this year.

It's based on the 1934 novel of the same name by the author, who wrote 66 detective novels under her real name, and a further six romance novels under the nom de plume Mary Westmacott.

Christie used settings in her books that she was familiar with and, for example, *Murder on the Orient Express* features her experiences of travelling with her second husband to archaeological digs in the Middle East using the train.

Another setting she used was Swan Court, the Art Deco



mansion block where the couple owned an apartment for many years. The block is the setting for one of her Poirot detective novels published in 1966, *Third Girl*, in which the heroine Norma shares a flat in Swan Court. Poirot pays a visit to the apartment during the story to interview Norma, and finds out that a woman has died after falling from a window within the building.

Swan Court is one of Battersea's most renowned properties and, as well as Agatha Christie, has also housed Margaret Thatcher. A 589 sq ft property is now for sale within Swan Court for £850,000. It's a smart one-bedroom, recently-refurbished apartment on the ground floor, all a stone's throw from the fashionable King's Road. Swan Court residents also have access to a porter. More information from www.pastor-realestate.com



PLEASURE HOME



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essexlive.news/property

YOUR LOCAL PROPERTY EXPERTS

HarlowStar



The time when poets were as revered and famous as today's rock stars is long gone, but the legacy of Samuel Taylor Coleridge remains. If you've ever said there's an albatross round your neck to describe an unwanted responsibility, you're quoting his poem *The Rime of the Ancient Mariner*. Or perhaps you've wondered where the lyrics to *Frankie Goes to Hollywood's* song *Welcome to the Pleasure Dome* come from? Some are pinched from his other famous set of verses, *Kubla Khan*. These two poems are both over 200 years old and, despite poetry now being less rock 'n' roll than it used to be, are still revered as some of the best poetry ever written.

Coleridge was born in 1772 into a relatively wealthy family. His father was the vicar of a church and headmaster of a local grammar school and they lived in splendour at *The Chantry House* in Ottery St Mary, Devon. Different generations of the Coleridge family - which at Samuel's time included his 11 siblings - carried on living at the property until at least the mid-noughties, during which the house underwent a huge renovation and had several extensions. The current owner has also upgraded Chantry House, which is Grade II* listed. This includes its library, which takes up the entire ground floor of the west wing, built to store the poet's 18,000 books. It has 10 bedrooms, 11 bathrooms and seven reception rooms and is for sale at £7 million. More information from Strutt & Parker (01392 229405).

If you fancy immersing yourself in the world of London's fashionable elite of rock stars, models and hipster artists then this apartment within the BBC's former White City TV studios could be just the ticket. The 2,300 sq ft penthouse is being given 'the look' by 56-year-old fashion designer Bella Freud, inset, whose claim to cool is fairly strong - she has her own shop, fashion lines, is the daughter of painter Lucian Freud and the grand-daughter of psychoanalyst Sigmund Freud.

Bella's early life has already been depicted in film, too. Her sister Esther wrote a memoir of their hippy childhood living in Morocco called *Hideous Kinky*. It was subsequently made into

FREUD'S STYLISH APARTMENT



the 1998 film of the same name starring Kate Winslet.

Bella, who counts Kate Moss as one of her close friends, has been moving into interior design, and recently launched her own range of scented candles. Her designs for the apartment are still under wraps, but are to be influenced by both her fashion background and the TV heritage of the site. Its within a £1.5 billion mixed-use development, which is retain-

ing both the original Blue Peter garden and crescent shape of the original TV Centre building. It is still largely under construction, although the first phase of apartments came on to the market several years ago.

Bella's apartment is to be launched in the spring and will cost approximately £3m; a final price is yet to be decided. More information from Knight Frank, 020 7629 8171.

STRICTLY MARGOT'S

partnership during the 1960s with Russian Rudolf Nureyev after he defected to the West. Their extraordinary performances of ballets such as *Romeo and Juliet* and *Swan Lake* are still available on DVD and popular online today, and the pair remained friends for life.

At this time Fonteyn lived during the weekends at a converted coach house in Berkshire near Maidenhead where she enjoyed entertaining her ballet friends and escaped the pressure of her performances and fans in London.



Amerden Bank includes many reminders of her life there including several paintings and photographs of the dancer.

The property is for sale with Strutt & Parker (01753 891188) for £1.695 million and has five-bedrooms, a large garden, Thames river frontage, four reception rooms, a kitchen diner, conservatory and three bathrooms.

A NOVEL HOUSE

More than 60 years have passed since William Golding's novel *Lord of the Flies* was published, and yet it still regularly makes it into lists of the best books ever written. The story of a group of young boys marooned on a Pacific island who turn feral and start killing each other continues to fascinate readers of all ages, as do the novel's themes of civilization, power and disintegrating morals.

Published in 1954 and initially not a great success, it went on to become Golding's most famous novel after, in particular, the US took to his writing. By 1960 it was being hailed as a future



modern classic. It has been made into a film twice in English - in 1963 starring James Aubrey and in 1990 starring Balthazar Getty.

In 1958 Golding and his wife Ann, flush with the cash from his literary success, bought a thatched cottage near Salisbury where they remained until 1985 - selling it that year for £120,000 and moving to a Georgian mansion in Cornwall. Their five-bedroom Salisbury house, where the Nobel Laureate wrote many of his subsequent tomes after *Lord of the Flies* including *The Spire*, *Darkness Visible* and *Rites of Passage*, is now for sale at £795,000 via Strutt & Parker (01722 344011). The agent says Ebbles Thatch is in need of modernisation and has two bathrooms and five reception rooms. It comes with a large garden, within which is a separate one-bedroom cottage.

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YOUR GARDEN

PLOTS TO CONSIDER

Got a garden project in mind but drawn a blank when it comes to ideas? These ones should get the creative juices flowing, writes **KATE BURT**

Are you at the early stages of planning for a garden makeover or improvement later this year? Are you still hunting around for the right ideas and inspiration to incorporate into your revamp?

Start here by picking out the images you like and saving them to your own garden project ideabook.

These ideas are aimed at little gardens or terraces, but many can be adapted for larger plots, too.

1 CHAMPION PURPLE AND GREY

This winning colour combination is perfect if your taste is contemporary and restrained. The smooth, batten-style fence is also a shortcut to a contemporary-looking garden, as opposed to the more traditional rough-to-touch featheredge or closeboard panels.

This garden also shows how a little change in levels can go a long way to adding interest to a small plot. Just two shallow steps and that neat but only slightly raised bed really helps to define the seating area, while also leading the eye towards the friendly yet ordered planting scheme beyond.

Sticking to one main colour for your planting is great if you're not a very confident planter. You might not get your beds looking as professional as these award-winning ones, but you can have a go by choosing lots of lavender, dotting in taller blooms, such as alliums, as seen here, and filling the gaps with low-growing evergreens.

2 INVEST IN EXCELLENT LIGHTING

With a tiny garden, patio, roof terrace or balcony, you still have options for creating a special space.

If you can't add different levels, have no chance of a lawn and barely have one flowerbed, consider spending wisely on really good lighting design.

With the right planting, whether in pots or growing up walls, as here, you can give your outdoor space drama and probably even induce garden envy from those with roomier patches.

It's worth getting professional design advice about how best to create an impact with lighting, though if you're on a tight budget, even investing in a few uplighters and spiking them into your beds or pots will go a long way.

Chances are you'll still need a pro to get the wiring in place, ideally before the space is finished and planted, so wires can be tucked away.

3 ADD A FIREPLACE

An outdoor fireplace is arguably



even more special in a tight spot, as you'll enjoy it from every part of the garden. It's also a good way to get more use out of your plot, as it'll remain inviting even in cooler months.

Don't forget to factor lighting into your plan, so you really will make more of those short days.

There are so many choices for design. You could plan for something built and designed into the rest of your space, like this, or even invest in an outdoor freestanding wood-burner or chiminea.

4 EMBRACE GRAVEL

Gravel, as an extensive garden surface, can be underused. We tend to think more about choosing between lawn, decking and harder surfaces, such as paving. But if you want something softer than the two latter options, but aren't sold on grass or its artificial cousin, then gravel could fill the gap and give your garden a Mediterranean accent.

5 LET DINING TAKE CENTRE STAGE

Think about how you use – or, most probably, how you dream of using – your outside space. If sitting around a table is a big part of the dream, but you feel stuck by the available space, consider sacrificing other potential uses for your plot.

Do you really need an area of lawn, a conventional patio or a shed? Would they get anywhere near as much use as a lovely big dining area?

Writing a wish list for your garden is a great place to start. You might discover priorities or possibilities you didn't even realise you had.

6 WEAVE IN SOME CURVES

Garden designers can often see our angular little gardens in ways we couldn't even imagine. So don't feel thwarted by the shape or size of your space, because there are almost certainly ways these can be radically rethought.

Turning a square or rectangular plot into a circular or curved one is a classic example.

Again, try sketching out your garden and be bold with your pencil.

7 LEARN THE POWER OF SCREENS...

In the same vein, consider how a well-placed trellis or panel could give your garden new structure and secret areas. Even a weeny plot can have different 'rooms'.



Credit: The Association of Professional Landscapers



Credit: The Garden Builders



Credit: Elayne Barre Photography



Credit: Midi photography



Credit: Colin Cadle Photography



Credit: KR Garden Design



Credit: Adolfo Harrison Gardens



Credit: Really Nice Gardens

8 ...OR STRATEGICALLY PLACED BEDS

Built-in planters or, indeed, giant

freestanding ones can also help to divide up your space. For example, you could create a secluded reading

nook where you'll be hidden from view, plus a socialising space closer to the house.

9

Credit: The Garden Trellis Company



10



Credit: Barbara Samitier Gardens

11



Credit: Silva Landscapes

12

Credit: OneAbode Landscape Design



13



Credit: The Association of Professional Landscapers

9 GROW A LIVING WALL - THE OLD-FASHIONED WAY

Living walls look brilliant, and have become popular in recent years for good reason. But before clever vertical irrigation and planting systems were invented, there was the good old trellis and a few good climbing plants. These can look – and smell – just as wonderful.

Choose a pretty trellis if you're unlikely to cover all of it, and seek out evergreen plants to give you a nice view all year round. Climbers such as jasmine and honeysuckle, depending on the variety, will provide summer and winter coverage and are heavily scented, too. Research what will grow in your space, and save photos of climbers you like the look of.

10 TREAT YOURSELF TO A SWING SEAT

Not just the preserve of dreamy, American-style, wraparound verandas or huge gardens, the swing seat can be accommodated in even the most petite of plots. Let this little garden inspire you.

Go for the biggest one you think you can fit in (the comfier and more inviting it is, the more use you'll get out of it) and seek professional advice about how best to hang it, since smaller gardens are less likely to have large tree branches for the purpose.

11 PRETTIFY YOUR SHED

Our sheds, typically at the bottom of the garden, are often the view from our kitchen windows. Is yours visually appealing?

A shed makeover can be a satisfying project, and one you may well be able to DIY. Start collecting images of painted outbuildings and think about what colour

you could paint yours. You'll be amazed at the transformation this in itself will have.

Now consider where you could train plants around it, or whether it has a roof you could 'green'. Find ways to display plants and flowers at different heights around its entrance.

If you have enough space, a shed 'forecourt', however tiny, is a great position for a solo seating spot, perfect for tea breaks, meditative glasses of wine, a good book or the paper.

12 THINK BIG

You may have a pocket-sized outdoor area, but that doesn't mean you need to treat it as such, with teeny furniture and diddy potted plants. Get some grandeur going on!

This little patio in the sky has the attitude of a large and smart suburban garden – that clipped box hedging, the confident trio of pots and the matching trees elevate this space into something very stylish.

13 GO WILD

Just because you have a small, urban garden doesn't mean you can't create the feeling of a country meadow – packed with bee-tempting flowers – and still make it a practical entertaining space. This beautifully designed plot proves that point perfectly.

Draw sketches of your outside plot and think of the different ways you could break up its angles to give you a space that twists, turns and blooms profusely. Step one: once you've drawn the exterior lines, banish the ruler!

■ Kate Burt is deputy editor at Houzz. Visit Houzz.co.uk for design inspiration and home-improvement advice.



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HOME STYLE

Give your kitchen a makeover in charcoal grey with fun pops of sunshine yellow and peacock blue...

Charcoal grey is a great colour for kitchen units – it's stylish, goes with almost any colour and hides dirt (yay!). Can't afford a new kitchen? Paint your units with a cupboard paint from Rust-Oleum – visit Makeityours.co.uk for tips.

■ A grey scheme can look a bit safe so inject some fun with flashes of yellow, from the lighting and bar stools to bowls and kitchen tools.

■ Black kitchen appliances, such as fridges and ovens, are back in fashion. Smarter than white or chrome, they work well with dark grey, and – again – won't easily show up dirt.

■ Keep things from looking too dark with white, off-white or very pale grey walls, worktops and flooring.

■ Give your room personality with framed prints, or a mural that echoes your colour scheme (this peacock wall art is by Bristol-based artist Alex Lucas, Lucasartics.bigcartel.com).

■ Make a tiled feature wall. Mix mosaic or geometric tiles in blue, navy, yellow and white (or a patterned tile in those shades) behind your hob, then pick out these colours in the room.

■ Blue-and-white striped Cornishware has been around since the 1800s. The sturdy ceramic storage jars, utensil pots, jugs and bowls are fun, functional and beautifully made.

■ Go for a mix of lighting. Ceiling spots will give you plenty of light throughout the room; two or three pendant lights over the central island or seating area will create intimacy.

■ You don't have to have the same handles. Stick to the same colour (here it's brushed chrome), but go for the shape that works best – finger-pull handles might work better on drawers; round knobs are easier to grab hold of on cupboards.



Shaker Layon kitchen from John Lewis of Hungerford, John-lewis.co.uk

BRIGHT IDEAS



Ochre yellow hexagon tiles
£79.95 per sq m,
WallsandFloors.co.uk



Hexa-cube 3D tiles
£32.95 per sq m,
WallsandFloors.co.uk



This is Arbequina Olive Oil, £10.95, Brindisa.com



Cornish blue serving bowl £50, utensil jar £28, storage jar £32, Cornishware.co.uk



Jackson pendant light, £59, Made.com



Victoria metal bar stool, £79, CultFurniture.com

Peacock A3 print, £30, Lucasartics.bigcartel.com



Rose gold wire basket, £14, JDWilliams.co.uk



BIA egg crate, £6.50, NotJustJugs.com



Helsinki chopping board, £8.50 for 3, Sainsbury's



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- Lounge
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- Double Glazing
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- Fitted Kitchen
- Lounge & Dining Area



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- Close to Bush Fair
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- Viewing Recommended



THE FORTUNES **£323,000**

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- Kitchen Diner
- Utility Room & Downstairs Cloakroom
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- Viewing Recommended



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- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE



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- PRIVATE LOCATION
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- GAS HEATING
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE



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- GAS HEATING
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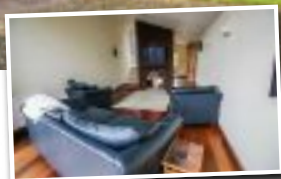
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- Well Presented
- Three/Four Receptions
- EPC Rating: D



CHAIN FREE **ABBOTSWELD, HARLOW**

- Two/Three Bedrooms
- Lounge/Diner
- Conservatory
- Chain Free
- End Terrace
- Westerly Garden
- Popular Location
- EPC Rating: D

£249,995



CHAIN FREE **GREEN HILLS, HARLOW**

- Three Bedrooms
- Two Receptions
- Popular Location
- CHAIN FREE
- Terraced Home
- Conservatory
- Enclosed Garden
- EPC Rating: D

£264,995



CHAIN FREE **UPPER MEALINES, HARLOW**

- Two Bedrooms
- Kitchen/Breakfast Room
- Ground Floor WC
- Chain Free
- End Of Terrace
- Extended Property
- Popular Location
- EPC Rating: D

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- Detached Home
- Two Reception Rooms
- Conservatory
- EPC Rating: TBC

£449,995



MOSS LANE, NEWHALL

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- Kitchen/Breakfast Room
- Sun Terrace
- Driveway
- Link Detached
- Two Reception Rooms
- Ground Floor WC
- EPC Rating: B

£399,995



CHALLINOR, CHURCH LANGLEY

- Three Bedrooms
- Two Reception Rooms
- Cloakroom/WC
- Garage & Driveway
- Link Detached
- En-Suite Shower
- Popular Location
- EPC Rating: D

£374,995



PYENEST ROAD, HARLOW

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- Driveway
- Un-Overlooked Garden
- Popular Location
- Semi Detached
- Two Reception Rooms
- Ground Floor WC
- EPC Rating: TBC

£369,995



LATTON GREEN, HARLOW

- Three Bedrooms
- Driveway
- Two Reception Rooms
- Chain Free
- Semi Detached
- Popular Location
- Potential To Extend (STPP)
- EPC Rating: TBC

£339,995



GLAN AVON MEWS, HARLOW

- Three Bedrooms
- Allocated Parking
- Modern Kitchen/Diner
- Well Presented
- End Terrace Home
- Quiet Cul-De-Sac
- Ground Floor WC
- EPC Rating: TBC

£304,995



WILLOWFIELD, HARLOW

- Three Bedrooms
- Conservatory
- Lounge/Diner
- Chain Free
- End Terrace Bungalow
- Southerly Garden
- Popular Location
- EPC Rating: C

£299,995



MALKIN DRIVE, CHURCH LANGLEY

- Two Bedrooms
- Lounge/Diner
- Cloakroom/W.C
- Garage To Rear
- Terraced Home
- Croutage Build
- Southerly Gardens
- EPC Rating: C

£294,995



PEACOCKS, HARLOW

- Three Bedrooms
- Two Reception Rooms
- Modern Kitchen
- Allocated Parking
- End Of Terrace
- Popular Location
- Close To Amenities
- EPC Rating: D

£284,995



SPRUCE HILL, HARLOW

- Three Bedrooms
- Well Presented
- Lounge/Diner
- Ground Floor WC
- Middle Terrace
- Popular Location
- Fitted Wardrobes
- EPC Rating: TBC

£279,995



LONG LEY, HARLOW

- Three Bedrooms
- Lounge/Diner
- Popular Location
- CHAIN FREE
- Terraced Home
- Modern Kitchen
- Private Garden
- EPC Rating: E

£264,995



ALEXANDRA ROAD, HARLOW

- Two Bedrooms
- Allocated Parking
- Open Plan Kitchen/Diner
- First Floor
- Apartment
- Popular Location
- Large Loft
- EPC Rating: TBC

£219,995



BOWHILL WAY, HARLOW

- One Bedroom
- Lounge/Diner
- Modern Kitchen
- Allocated Parking
- Ground Floor
- Apartment
- Close To Amenities
- EPC Rating: B

£209,995



THE CHASE, HARLOW

- One Bedroom
- Decked Courtyard
- Open Plan
- Chain Free
- Apartment
- Ground Floor
- Allocated Parking
- EPC Rating: TBC

£192,500



LITTLE CATTINS, HARLOW

- One Bedroom
- Lounge/Diner
- Fitted Kitchen
- Juliette Balcony
- Apartment
- Top Floor (2nd)
- CHAIN FREE
- EPC Rating: C

£164,995



WOODLEYS, HARLOW

- One Bedroom
- Lounge/Diner
- Popular Location
- Chain Free
- Ground Floor
- Apartment
- Modern Kitchen
- EPC Rating: D

£154,995



REGENCY COURT, HARLOW

- One Bedroom
- Lounge/Diner
- Communal Garden
- Chain Free
- Ground Floor
- Apartment
- Residents Parking
- EPC Rating: D

£149,995



CHURCH END, HARLOW

- Studio
- First Floor
- Fitted Kitchen
- Chain Free
- Apartment
- Popular Location
- Large Store Room
- EPC Rating: D

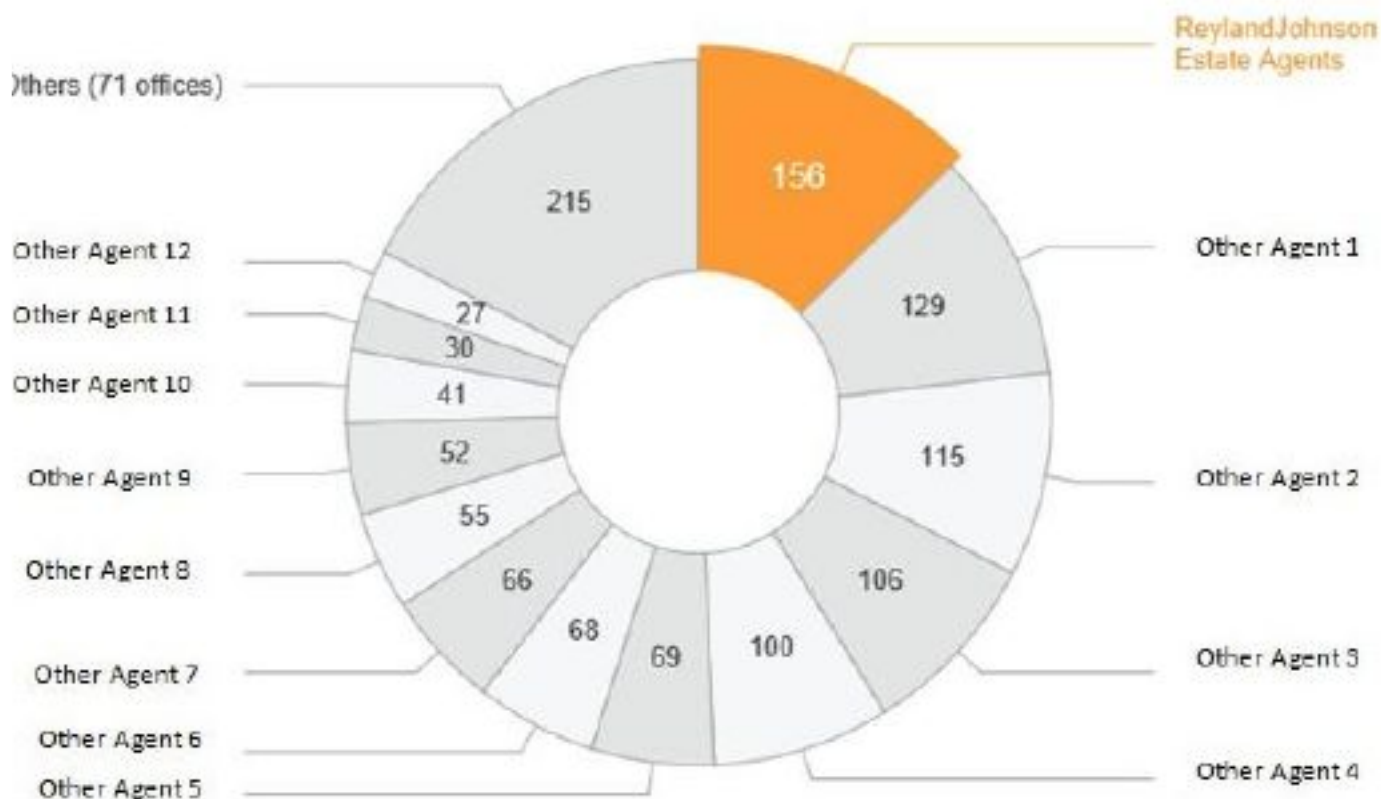
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SOLD STC **MORE NEEDED** **FOLD CROFT, HARLOW**



- Studio Apartment
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- Close To Hospital
- First Floor
- Ideal Investment
- CHAIN FREE
- EPC Rating: D

£124,995

SOLD STC **MORE NEEDED** **PETERSWOOD, HARLOW**



- One Bedroom
- Lounge/Diner
- Chain Free
- Apartment
- Ground Floor
- Door Entry System
- Communal Gardens
- EPC Rating: D

£149,995

SOLD STC **MORE NEEDED** **RECTORY WOOD, HARLOW**



- One Bedroom
- Close To Hospital
- Chain Free
- Ground Floor
- Apartment
- Recently Redecorated
- Popular Location
- EPC Rating: TBC

£149,995

SOLD STC **MORE NEEDED** **THE LAWN, HARLOW**



- Two Bedrooms
- Lounge/Diner
- Chain Free
- Popular Location
- Second Floor
- Apartment
- Close To Old Harlow
- EPC Rating: E

£179,995

SOLD STC **MORE NEEDED** **SYCAMORE FIELD, HARLOW**



- Two Bedrooms
- Chain Free
- Large Private Garden
- Popular Location
- Ground Floor
- Apartment
- Lounge/Diner
- EPC Rating: TBC

£194,995

SOLD STC **MORE NEEDED** **COPSHALL CLOSE, HARLOW**



- One Bedroom
- Lounge/Diner
- Own Garden
- Chain Free
- End Of Terrace
- Allocated Parking
- Popular Location
- EPC Rating: D

£199,995

SOLD STC **MORE NEEDED** **ASH TREE FIELD, HARLOW**



- Two Bedrooms
- Lounge/Diner
- Popular Location
- Chain Free
- Middle Terrace
- Close To Town Centre
- Southerly Garden
- EPC Rating: TBC

£249,995

SOLD STC **MORE NEEDED** **FENNELS, HARLOW**



- Three Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Chain Free
- Terraced House
- Popular Location
- Outskirts Of Town
- EPC Rating: D

£264,995

SOLD STC **MORE NEEDED** **THE DOWNS, HARLOW**



- Three Bedrooms
- Lounge/Diner
- Utility Room
- Chain Free
- Terraced Home
- Close To Town Centre
- Modern Kitchen
- EPC Rating: TBC

£274,995

SOLD STC **MORE NEEDED** **BENTLEY DRIVE, CHURCH LANGLEY**



- Two Bedrooms
- Two Parking Spaces
- Modern Bathroom
- Westerly Garden
- Terraced House
- Immaculate Throughout
- Kitchen/Diner
- EPC Rating: C

£274,995

SOLD STC **MORE NEEDED** **ARCHERS, HARLOW**



- Two Bedrooms
- Kitchen/Diner
- Cul-De-Sac Location
- Driveway
- End Terrace
- Outskirts Of Town
- Immaculate Home
- EPC Rating: TBC

£275,000

SOLD STC **MORE NEEDED** **MALKIN DRIVE, CHURCH LANGLEY**



- Two Bedrooms
- Kitchen/Diner
- Cloakroom W.C
- CHAIN FREE
- Terraced House
- En-Suite Shower
- Parking To Rear
- EPC Rating: C

£284,995

SOLD STC **MORE NEEDED** **LONG BANKS, HARLOW**



- Three Bedrooms
- Playroom/Study
- Ground Floor Shower Room
- Chain Free
- Semi Detached
- Driveway
- Close To Amenities
- EPC Rating: D

£299,995

SOLD STC **MORE NEEDED** **LITTLE CATTINS, HARLOW**



- Four Bedrooms
- Lounge/diner
- Cloakroom/WC
- Modern Kitchen
- End Of Terrace
- Garage To Rear
- Allocated Parking
- EPC Rating: D

£300,000

SOLD STC **MORE NEEDED** **FINCHMOOR, HARLOW**



- Three Bedrooms
- Kitchen/Diner
- Landscaped Garden
- Private Area
- Terraced Home
- Rear Extension
- Popular Location
- EPC Rating: D

£309,995

SOLD STC **MORE NEEDED** **MALKIN DRIVE, CHURCH LANGLEY**



- Four Bedrooms
- Kitchen/Diner
- Immaculate Home
- Garage & Drive
- Linked House
- Ground Floor W.C
- Landscaped Garden
- EPC Rating: C

£380,000

SOLD STC **MORE NEEDED** **THE DRIVE, HARLOW**



- Four Bedrooms
- Three Receptions
- Double Garage
- Luxury Kitchen
- Large Garden
- Ample Parking
- Close To Town
- EPC Rating: F

£549,995

SOLD STC **MORE NEEDED** **PRIORY AVENUE, OLD HARLOW**



- Four/Five Double Bedrooms
- Three/Four Receptions
- Carriage Driveway
- Three Ensuites
- Detached Family Home
- Large Outbuilding
- Well Presented
- EPC Rating: D

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ATTENTION VENDORS

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Willowfield, Harlow



EPC: C

Fantastic for both first time buyers and investors alike, Guardian are proud to be offering this one bedroom flat in the very sought area of Dadswood, situated in the town centre.

£160,000

Dadswood, Harlow



Ground Floor

EPC: D

Guardian are delighted to present this one bedroom ground floor flat in the much sought after private area of Church Langley. Close to amenities.

£179,999

Aynsley Gardens, Church Langley



EPC: C

O.I.E.O - Guardian Sales are delighted to offer you this one bedroom top floor flat in the area of Church Langley.

£184,995

Wedgewood Drive, Harlow



SSTC

ATTENTION VENDORS

MOTIVATED & QUALIFIED BUYERS AWAITING IN THE NEW YEAR

£225,000

Bromley Close, Harlow



Private Area



EPC: C

Ideally located for easy access to the M11 junction, two bedroom terraced property in the popular Potter Street area of Harlow. The property boasts two large double bedrooms, a modern fitted galley kitchen and large through lounge.

£249,995

Pottersfield, Harlow



Superb Family Home

EPC: E

Guardian are delighted to offer for sale this three bedroom terraced family home. This property has lots of scope for the future.

£265,000

Nicholls Field, Harlow



EPC: C

Guardian are delighted to offer a rarely available two bedroom mid terrace house in a quiet, cul-de-sac location in sought-after Archers.

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£270,000

Archers, Harlow



SSTC

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MOTIVATED & QUALIFIED BUYERS AWAITING IN THE NEW YEAR

£285,000

Tithelands



HMO Potential

EPC: E

Coming to the market with Guardian is this well maintained 4 bedroom town house located near to the town centre as well as shops and schools.

£295,000

Pittmans Field, Harlow



SSTC

ATTENTION VENDORS

MOTIVATED & QUALIFIED BUYERS AWAITING IN THE NEW YEAR

£310,000

Coalport Close, Church Langley



EPC: D

Guardian are delighted to offer this rare opportunity to acquire this three bedroom detached family oriented property in the sought after, private area, of Albert Gardens, Church Langley.

£340,000

Albert Gardens, Church Langley



EPC: D

Guardian are delighted to present an exciting opportunity to purchase a wonderful three bedroom semi detached house in the highly sought after area of Fir Park. Immaculately presented.

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Fir Park, Harlow

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Guardian are delighted to offer this one bedroom top floor (2nd Floor) flat that has been recently refurbished, the property is offered part furnished and is available early February. An early viewing is advised to avoid disappointment. EPC - D.

£725 PCM

The Readings



Located in this popular area. One bedroom, unfurnished, ground floor flat in good decorative order. Property comprises fitted kitchen, lounge, bedroom, bathroom and allocated parking. Available early March. EPC - D.

£725 PCM

Markwell Wood



Guardian are delighted to offer this one bedroom flat to rent in Longfield. This property is modern through out, benefiting from new carpets, gas heating, luxurious modern fitted kitchen, modern bathroom suite and includes kitchen white goods. Available mid February. EPC - C.

£750 PCM

Longfield



Guardian are delighted to offer this one bedroom first floor flat that is situated in close proximity to the shops and amenities of bush fair. The property is in excellent order and in internal viewing is advised. EPC - C.

£750 PCM

Regency Court



Guardian are delighted to offer this one bedroom first floor apartment in the popular fifth Avenue development. Available early March and offered part furnished, an internal viewing is advised. EPC - B.

£795 PCM

Gladwin Way



Clean and tidy two bedroom flat with open plan kitchen and lounge, two bedrooms, bathroom, storage cupboard and balcony. Popular area. EPC - C

£800 PCM

Moorfield



Guardian are delighted to offer for rent this lovely two bedroom maisonette close to the Staple Tye. This first/top floor property is offered with oven, fridge freezer and washing machine. Gas heating, double glazed windows, two large bedrooms and wooden floors. EPC C.

£845 PCM

Five Acres



Great two bedroom top floor apartment in Priory Court, on the outskirts of Harlow. With modern fitted kitchen, gas central heating, two double bedrooms and balcony. Available early February - call to view. EPC - C.

£885 PCM

Priory Court



Two bedroom first floor flat located just off Potter Street. Modern and stylish interior with laminate flooring, double glazed windows, gas central heating and large storage cupboard. Sorry no smokers or pets applicable for this property. Available mid January. EPC C.

£900 PCM

Fullers Mead



Guardian are delighted to offer this three bedroom garden maisonette. The property is located in close proximity to shops and amenities and is available early February. An early internal viewing is advised. EPC - B.

£925 PCM

Mercers



Guardian are delighted to offer this two bedroom terraced house located in Church Langley. The property benefits from gas central heating and two off street parking spaces. The property is offered part furnished and is available now. EPC - D.

£975 PCM

Bentley Drive



Guardian Residential Lettings are pleased to present this great two bedroom apartment overlooking the River Stort. Benefits include gated access, secure telephone entry system, balcony overlooking river and neutral decor. An ideal starter home. Available NOW. EPC - C.

£995 PCM

Riverside Court



Guardian are delighted to offer this three bedroom house located within walking distance to the shops and amenities of Staple Tye, an internal viewing is advised. The property is available early February. EPC - D

£1000 PCM

Milwards



Guardian are delighted to offer this three bedroom semi-detached home in the sought after area of Elwood, Church Langley. This property benefits from allocated parking, gas heating and is close to shops and amenities. Available Now. EPC - D.

1200 PCM

Elwood



Guardian Residential Lettings are very pleased to offer this great three bedroom family home with garage in the popular turning of Doulton Close, Church Langley. Comprising entrance hallway, downstairs WC, fitted kitchen, lounge to rear, three bedrooms with ensuite to master and family bathroom. EPC - D

£1275 PCM

Doulton Close



Ideal for NHS professional requiring immaculate, fully furnished accommodation within walking distance of Princess Alexandra Hospital, available early January. EPC - B.

£1450 PCM

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HOME ADVICE

With Alex Neill of Which?

SWITCH ON TO CHANGE



Forking out more for gas or electricity is a waste of money. Check your deal now

Homeowners who regularly check and are prepared to switch gas and electricity tariffs get the best deals. And those who don't are stuck with paying more. That's not just the view of Which? Switch, the consumer champion's free to use online and phone-based tool – or any of the other switching services.

It's also the opinion of the boss of one of Britain's biggest gas and electricity suppliers. Eon UK chief executive Michael Lewis recently told MPs on the Business Select Committee that "I think it is right that somebody who engages with the market and searches for a product that is right for them gets a better deal

Which?

than the person who does not." In other words, you can save loads of money if you can be bothered to make the effort to look. But if you don't, tough.

About one in nine UK homes – around four million – are signed up to Eon but about two thirds remain on its standard variable tariff, meaning average consumers pay £103 a year more than on Eon's best tariff, even more, perhaps, switching to another supplier.

It's not just Eon. The numbers are much the same at other big suppliers

such as British Gas, Npower, SSE, EDF and Scottish Power. Although British Gas says it is ending the standard variable tariff, that only applies to new customers – according to evidence delivered to MPs – and it is unclear how it will prompt existing customers to change. Power companies make their best profits from customers on their most expensive deals.

For, unlike cars or computers or kettles where paying more can often ensure more features or better reliability, forking out more for gas and electricity is a waste of money. Whatever you pay and whatever company you use, what comes through the pipes and wires is exactly the same.

Switching to something better is easy and always worth checking out, especially if you have not changed

TOP TIPS

- 1** Most people see saving money as a top priority. But switching companies can also help with green energy or special tariffs for students or others who may be residents for part of the year.
- 2** Some local authorities have set up their own power companies. By signing up many residents they can obtain wholesale gas and electricity rates. Examples include Nottingham's Robin Hood Energy and Bristol Energy. Find out from

your council if it has a scheme.

- 3** You pay nothing to switch – and you should save money. The company you are leaving and the one you join do the work.
- 4** Some power companies will offer you better deals once they are aware you intend to leave.
- 5** If you don't have or use the internet, switching companies also have phone-based services. The numbers for Which? Switch are 0800 410 1149 or 01259 220 235.

before or your last switch was more than two years ago. To start the process with Which? Switch, all you need to do is to input your postcode, whether you are a buyer or a renter,

and then choosing if you want gas, electricity or dual fuel. You will almost certainly save money – if you don't, you can congratulate yourself on being a great energy shopper!

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WHEELS

TEST DRIVE: Jaguar F-Pace Portfolio 2.0 AWD automatic by David Ward

KEEP UP THE F-PACE

AT A GLANCE

- **Model:** Jaguar F-Pace Portfolio 2.0 AWD automatic
- **Price:** £47,115
- **Engine:** 2.0-litre 237bhp turbo diesel
- **Transmission:** Eight-speed automatic
- **Performance:** 0 to 60mph 6.7 seconds top speed 135mph
- **Fuel Consumption:** 48.7mpg combined
- **CO₂:** 153 g/km
- **BiK:** 32%
- **Warranty:** 36 months/99999 miles
- **On Sale:** Now



When Jaguar launched their first luxury mid-sized crossover Sports Utility Vehicle last year in the stylish shape of the F-Pace little did company bosses realise what an immediate sales hit it would be amongst motorists. It's also resulted in it collecting the prestigious World Car of the Year 2017 title and it was recently awarded the Euro NCAP five-star for top safety of car occupants and pedestrian safety.

Sensibly offered with a wide choice of engines and looks that make it stand out from the rest of the SUV pack and with prices starting at a realistic £34,730 it's meant that their Solihull workforce can hardly make enough to keep up with demand.

Diesel engines predominate buyers' choice with initially a pair of two-litre turbocharged units offering 161bhp and 178bhp while those drivers wanting more power had to opt for the obviously more expensive three-litre V6 296bhp turbocharged model.

Realising they had to bridge the gap Jaguar have been clever in now adding another two-litre diesel but this time with 237bhp coming from underneath the bonnet which naturally gives it more grunt as we say and overall a better road going performance.

It's not just the extra 59bhp available over the 178bhp car but the key here is that more importantly gives 69lb more pulling power which does make a significant difference when out driving, whether in heavy urban

traffic or out on the motorway.

The response from this power train is highly impressive through the standard eight-speed automatic so much so that there's no real need to use the steering wheel mounted paddle shifts and change gear when wanting to overtake at mid range speed or, for example, joining a dual carriageway.

In essence this engine is effortless in these areas and really much more enjoyable to drive in my view than either the 161bhp or 178bhp versions and obviously for those motorists who want an even more sporty performance then the V6 will fit the bill but of course at a price.

Yes, starting from cold and the 237bhp engine has a bit of a gravelly sound about it but it warms up quickly and once underway is extremely quiet and refined so much so that my passengers on board didn't realise it was a diesel engine driving us along. With traditional Jaguar light but quick an responsive power steering and with the Adaptive Dynamic Pack (an option costing £1,185) on the test car it really rides well and for the driver a quiet enjoyable car to drive, neatly tucking round bends with ease and control and a ride that's supple at speed - overall that extra power output does make all the difference over the other two two-litre diesels.

Inside it's spacious, certainly with that usual Jaguar luxury feel about the furnishings and fittings and it's quite practical with

plenty of leg and head room front and back with practically no road or wind noise once up at motorway speeds.

The impressive ride, certainly helped by the option of riding on 20-inch wheels (another option at £1,255), makes it an ideal long distance cruiser because it's definitely relaxing on board and for the driver again all the controls and dials are as in most all other Jaguars ease to find and use, quite simple in terms of layout and design while the electric adjustable heated front seats give a wide 10-way choice of positions for however tall or small its occupants.

The infotainment system is perhaps not quite as sophisticated as some of its German rivals but again it's practical, easy to use and gives all the information and controls one would want on a car of this nature.

Unfortunately some rivals now make it so complicated at times to understand and use these gismos you feel you need a science degree to fully utilise them!

The level of standard kit on the car is impressive too as one would expect in any Jaguar today that includes Xenon lights with LED daytime lights, reversing camera, cruise control, speed limiter, hill assist, rain sensing wipers, loads of airbags and that so handy at night time approach illuminations which guide the driver to the car in darkness.

Other key standard features include fixed panoramic sunroof which obviously gives more interior light, particularly for rear seat passengers and the only gripe on the test car

was that having paid the basic price for this Portfolio AWD version of £47,115, which is reasonable enough, Jaguar charge as an option £1,270 for a head-up display reflecting the car's speed on the windscreen directly in front of the driver.

This is a fantastic driver aid on any car - and more makers are introducing them - but it's a pity on this Jaguar model punters are forced to pay for it when really it should be standard.

In terms of fuel economy this 237bhp engine proved be quite impressive with the official combined figure at 48.7mpg while over 500 miles of varied test routes it returned a reasonable 43.3mpg.

Overall this new slightly more powerful two-litre diesel version is exceptionally good value for the money and like all the F-Pace models really enjoyable to drive.

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WHEELS

TEST DRIVE: Honda NSX by Steve Grant



AT A GLANCE

- **Model:** Honda NSX
- **Price:** £149,950
- **Mechanical:** 573bhp, 3,493cc, 6cyl petrol engine and three electric motors driving four wheels via 9-speed automatic gearbox
- **Max speed:** 191mph
- **Combined mpg:** 28.2
- **Insurance group:** 50
- **CO2 emissions:** 228g/km
- **BIK rating:** 37%
- **Warranty:** 3 years/62,000 miles

EXHILARATING NSX

When the original Honda NSX arrived 27 years ago, it was a genuine game-changer – a fully-fledged, mid-engined supercar with an outstanding mix of performance, reliability and everyday usability which changed the way the world viewed the Japanese motor industry.

The bodywork and 'cab forward' driver positioning was developed after studying the cockpit of an F-16 fighter jet, while the long tail enhanced high speed stability.

The NSX was also designed to showcase Honda technologies, many derived from its F1 programme with added input from F1 World Champion Ayrton Senna, who convinced Honda to stiffen the NSX more than intended and helped set up the rear suspension geometry to provide uncompromising traction.

A true rival to the Ferrari 348, it really was something rather special and, to this day, remains an exhilarating drive.

Now, there's the new Honda NSX hybrid supercar, in a way, the first of its kind. Yes, there's the Porsche 918 Spyder with its combination of a petrol engine, electric motors and four-wheel drive

but second-hand, it would probably cost you well over a million pounds, while the Honda is just a fraction of that.

There's also the BMW i8 but it's not really in the same 'supercar' league.

With its aggressive nose, classic low and wide stance, sharply contoured surfaces and large air vents ahead of the flared rear wheelarches, the new NSX certainly looks every inch a supercar so it's satisfying to report that it drives like one too.

It's powered by a twin-turbocharged 3.5-litre V6 petrol engine and three electric motors, which together produce 573bhp and a stonking 646NM of torque. There are no official 0-62mph figures from Honda but all that power, mated to a smooth nine-speed dual clutch transmission means the NSX is staggeringly quick.

The main, direct drive electric motor sits between the engine and the transmission while the Twin Motor Unit (TMU) sits on the front axle and effectively provides all-wheel drive for the Honda.

Via a rotary dial on the console you can pick from Sport, Sport+ and Track modes, each adding differing weight to the steering throttle response and

stiffness to the magnetic ride dampers. There's also a Quiet mode which enables electric-only driving at lower speeds for short durations and keeps the neighbours happy on early morning starts.

Sport is basically the everyday driving mode where the engine seamlessly switches between electric and petrol mode. And it really is imperceptibly seamless.

Turn the dashboard mounted dial to Sport+ and you get a more urgent feel and a more visceral soundtrack from the NSX's beating heart. Now, you're ready to rock and roll. The dampers stiffen but the ride remains comfortable.

Naturally, there's a track mode, but that really is for the track. Sport+ is really all you'll ever need.

Despite all that power, the NSX is incredibly capable and composed on the road. At speed, corners come and go with confident grace. And, because of the electric motors on the front axle which provide torque vectoring to the front wheels, you can power away without fear.

This is aided by Honda's new and catchily named Sport Hybrid Super Handling All-Wheel Drive (SH-AWD), which gives a lightning-quick response to driver inputs. The mid-engined layout and low centre of gravity – best in class – gives near perfect

balance, and, of course, every element of the NSX's exterior body has been carefully fashioned to produce tremendous grip alongside the perfect amount of cooling.

Whether at high or low speeds, the NSX is incredibly easy to drive, perhaps too easy. The huge amount of technology that has gone into creating this modern marvel and keeping it glued to the road has somehow taken away some of the joy you should feel driving it. Arguably, its predecessor will put a bigger smile on your face despite being not as quick or powerful.

The new NSX is also not particularly economical fuel wise considering the hybrid powertrain.

That said, its interior is much improved. Naturally, the driver sits low down but there's exceptional forward visibility. You may, however, prefer to pay £1,700 to add the optional satnav, CD player and, more importantly, front and rear parking sensors.

The sports seats are adjustable, heated and there's plenty of head and legroom for all but the very tallest. And, despite the mid-engined layout, there's a 110-litre cargo space behind the cabin.

There's a handcrafted

leather dash panel, Alcantara across the top of the driver's gauge binnacle, with additional Alcantara trimming for the centre console and glovebox.

Right in front of the driver is an eight-inch TFT display, with all the digitally displayed dials and gauges you could want depending on the driving mode chosen. Other racy touches include the almost obligatory flat-bottomed steering wheel with large metal-effect paddles.

The centre console contains the seven-inch touchscreen with Honda's easy-to-use Connect system, dual-zone climate control, electronic gear selector, and a relatively roomy storage box that contains a USB port to synchronise your smartphone to the touchscreen.

The cabin is a nice place to be and feels well put together though the metal-effect plastic on the centre console and paddle shifts is unbecoming of a £150,000 supercar.

I wasn't particularly keen on the flush-fitting exterior door handles either.

That said, the new NSX is an astounding modern supercar which remains true to the ideals of its iconic predecessor.

Welcome to the future.



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WHEELS

TEST DRIVE: Ford Mustang 5.0 V8 GT by Ian Donaldson

POWERFUL AND HANDSOME

WE know other countries by a cartload of clichés – so Americans are loud, probably flamboyantly dressed and certainly a little on the large side.

If that's true about its people (some of the time anyway), the cars from the other side of the pond certainly share those traits. And not always in a bad way.

Which brings us neatly to the car on test today, the latest version of a true American icon and only now available in this sixth generation form with right hand drive.

Ford's Mustang shook up the car world in 1965 by combining a big engine, handsome lines and a relatively modest price in a way that had never been attempted before.

It succeeded beyond the wildest dreams of its creators and stands here today

looking fresh and arrestingly handsome and dripping with styling clues stretching back to that game changing original.

The big engine is still there, with more than 400 horses from a rumbling V8 that stays docile as a purring tiger until you poke it with a sharp stick, when it heads for the horizon with the sort of conviction only an excess of power can provide.

For £4,350 less you can take an alternative route to modern day Mustang heaven with a 2.3-litre EcoBoost engine with four cylinders and 313bhp; actually still quick (145mph and 5.8 seconds to 62mph) but missing a chunk of Mustang authenticity.

You'll also miss the noise of that big V8 bursting into life in the morning, a pulse so smile raising it ought to be available on prescription. You'll save some fuel going the smaller engined way, but

if you want economy buy a Prius, I'd say.

So, this new 'stang is powerful and handsome. It is also big; what's more of a surprise is the modesty of the price Ford is asking for its icon.

You can have a 5.0-litre version on your drive for £38,095, handily below the forty grand line that tips you

into extra road tax territory, although that big, thirsty engine's tailpipe emissions mean a hefty £2,000 first year rate.

Console yourself with the knowledge that a properly big-engined Mustang is the least expensive way to this amount of V8 power you can buy new today. Almost a bargain, then.

A well equipped bargain too, with superbly comfortable front seats (and enough room in the rear for growing teenagers), dual zone air con, rear view camera, expensive Brembo front brakes, limited slip differential and big 19in alloy wheels.

You'll pay extra for sat nav (£795) but it's a fine offering

and comes with an uprated sound system whose bass will try to bend the doors outwards. There's a poor three star safety rating, albeit an improvement on the feeble two stars gained in the original test in the absence of now standard safety systems.

The interior looks neat and tidy with everything where it ought to be but with enough hard surfaces to push home the truth that American buyers put value over perceived quality, most of the time.

Still, find a decently smooth road with open bends and give the Mustang the beans and you won't care. Quickly, its width becomes no problem at all and the mixture of fine steering and feelsome brakes make the drive a journey to remember.

And you'll be smiling at the recollection of that noise for weeks to come.



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Peugeot 208 (13)£157 a month for 3 years

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2015 (65) Fiat 500 Pop Star,
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£7,995 - £50 per week

2011 (11) Nissan Juke Acenta Sport dCi,
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2011 (11) Mini Cooper D,1.6, Diesel
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£6,995 - £44 per week

2011 (11) Hyundai i30 CRDI Automatic 1.6,
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£6,995 - £44 per week

2013 (63) Fiat 500 1.2,
White, alloy wheels, remote locking, panoramic roof, Bluetooth, e/windows, e/mirrors, one owner, 30,000 miles only,
£6,495 - £41 per week

2011 (61) Renault Grand Scenic 1.5 Dci Automatic,
red, alloys, air con, remote locking, e/windows, e/ mirrors, 7 seater, cruise control, 29,000 miles only
£6,395 - £41 per week

2014 (14) Hyundai i20,
5dr, red, air con, CD player, bluetooth, alloys, e/ mirrors, e/windows, 28,000 miles, FSH, one owner
£5,995 - £38 per week

2010 (60) Renault Scenic 7 seat DCi,
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2011 (11) Ford Focus Titanium,
Silver, 1.6, air con, e/windows, e/mirrors, cruise control, CD player, Bluetooth, 43,000 miles
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2013 (63) Fiat 500 1.2,
Black, alloys, air con, CD player, e/windows, e/ mirrors, remote locking, only 23,000 miles
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2013 (13) Peugeot 208 1.2,

Black, air con, remote locking, e/windows, e/ mirrors, cd player, £20 a year Tax, one owner,

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2007 (07) Nissan Qashqai Acenta DCi,

black, remote locking, cruise control, CD player, climate control, e/windows, e/mirrors, Bluetooth, 65,000 miles, one owner

£5,995 - £38 per week

2010 (60) Citroen C3 Picasso Exclusive 1.6 HDI,
Silver, e/windows, e/mirrors, alloys, CD player, air con, 2 owners, FSH, only 28,000 miles
£5,695 - £37 per week

2013 (63) Peugeot 107 1.0
red, alloy wheels, air con, remote locking, e/ windows, e/mirrors, £0 a year Tax, 12,000 miles only
£5,495 - £35 per week

2010 (60) Citroen C3 Picasso 1.6 VTR + HDI,
Blue, alloys, air con, cruise control, parking sensors, remote locking, e/windows, e/mirrors, £30 a year Tax, 23,000 miles only
£5,395 - £34 per week

2010 (10) Citroen DS3 1.4,
Blue, alloys, air con, CD player, e/windows, e/ mirrors, central locking, 40,000 miles
£5,395 - £34 per week

2011 (61) Toyota Aygo 1.0,
silver, air con, central locking, e/windows, cd player, £20 a year tax, ideal first car, cheaper insurance, 29,000 miles only
£4,495 - £28 per week

2011 (61) Nissan Micra 1.2,
5 door, Blue, remote locking, e/windows, CD player, Bluetooth, £30 a year Tax, 37,000 miles only,
SOLD £4,495 - £28 per week

2012(12) Citroen C1 1.0
Silver, Air CON, Remote Locking, E/ Windows, CD Player, £20 a year Tax, 51,000 Miles
£3,995 - £25 per week

2008 (58) Renault Megan Convertible, Diesel,
Grey, panoramic roof, e/windows, e/mirrors, alloys, cruise control, air con, full leather interior, 53,000 miles
£3,995 - £23 per week

2009 (09) Citroen C3 Pluriel Convertible 1.4,
silver, remote locking, e/windows, e/mirrors, e/ hood, CD player, 28,000 miles only
£3,995 - £25 per week

2007 (57) Volkswagen Eos 2.0 Diesel,
blue, alloy wheels, air con, heated leather seats, cruise control, remote locking, e/windows, e/ mirrors, electric power hood, 90,000 miles
£3,995 - £25 per week

2010 (10) Hyundai i10 Style,
blue, 5 dr, air con, e/windows, e/mirrors, CD player, parking sensors, heated seats, remote locking, 22,000 miles
SOLD £3,695 - per week £24

2008 (58) Ford Focus 1.8
Black, 5 dr, air con, CD player, e/windows, e/ mirrors, on board computer, remote locking
£2,995 - £19 per week

2008 (08) Ford Focus 1.6 TDCi,
Silver, £30 per year Tax, e/windows, e/mirrors, alloys, remote locking, 120,000 miles
£2,995 - £19 per week

2008 (08) Renault Clio 1.2,
3 door, Black, alloy wheels, air con, remote locking, e/windows, CD player, 69,000 miles
£2,695 - £19 per week

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2001 (51) Mercedes C180 Coupe,
Auto, alloys, a/c, remote locking, e/w, e/m 112k
£1,695

1999 (T) Mercedes CLK320, convertible,
alloys, leather seats, e/hood, 100k
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2002 (52) Hyundai Amica 1.0
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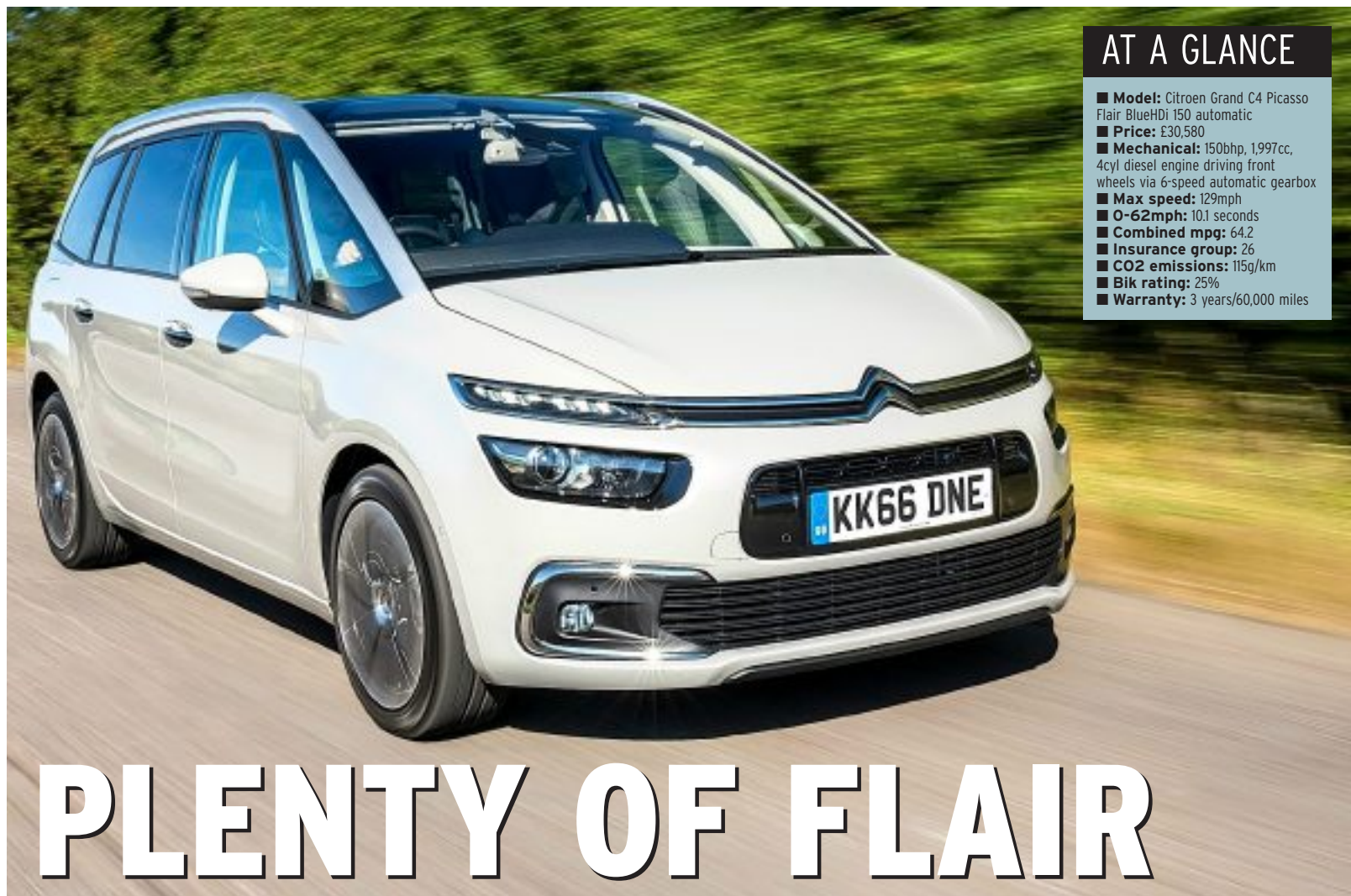
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WHEELS

TEST DRIVE: Citroen Grand C4 Picasso Flair BlueHDi 150 by Ian Johnson



AT A GLANCE

- **Model:** Citroen Grand C4 Picasso Flair BlueHDi 150 automatic
- **Price:** £30,580
- **Mechanical:** 150bhp, 1,997cc, 4cyl diesel engine driving front wheels via 6-speed automatic gearbox
- **Max speed:** 129mph
- **0-62mph:** 10.1 seconds
- **Combined mpg:** 64.2
- **Insurance group:** 26
- **CO2 emissions:** 115g/km
- **Bik rating:** 25%
- **Warranty:** 3 years/60,000 miles

PLENTY OF FLAIR

Throughout decades of policies of rationalisation, understatement and committee thinking in some automotive marques, Citroen boldly went ahead powered by its own DNA and flair.

And today the company produces a range of cars that, in the finest traditions of the company are very individual.

Take the Grand C4 Picasso as an example. This is the successor of that absolute brainwave from Citroen, the Xsara Picasso MPV which in turn was born of the Xsara saloon.

The original Picasso became the darling not only of families, but also private hire taxi companies which found it ideal for their purposes.

But after the old model drove into history in 2016, Picasso regenerated into a supremely stylish seven-seater which is now hailed as the most striking MPV on the market.

It is a larger and more



imposing vehicle than the original and seems to be possessed of a built-in magnetism that has already netted major sales successes and a raft of major awards.

This car was the Grand C4 Picasso Flair Blue HDi 150 automatic which delivered a

recipe of airy French opulence wrapped in a stylish body with a massive raked windscreen which puts the Grand Picasso truly in the premium league and leaves behind any vestige of utility-derived motoring.

And it is not only about

looks because there is clever use of space also. Three full-sized middle row seats slide forwards and backwards and recline independently, while two more in the boot fold into the floor when not in use.

It is full of good ideas



including airline-style tables behind the front seats and many storage solutions.

Attractions include a panoramic sunroof with electric sliding blind, a seven-inch touchscreen interface and a 12-inch panoramic HD central display all part of the impressive specification list.

This screen replaces the traditional instrument binnacle and adds a distinctive, high-tech feel to the cabin.

Power is from a 2.0-litre four-cylinder turbo diesel via

a six-speed automatic transmission which provided 150bhp, more than enough to whisk this lounge quality people mover to a maximum speed of 129mph and from 0-62mph in 10 seconds.

A definite bonus is the combined fuel economy readout of 64.2mpg and the ride quality is very smooth indeed.

Although there is plenty of power on tap, this is a vehicle for supremely comfortable motoring and speedy cruising rather than out and out dash.

WHEELS

TEST DRIVE: Volvo V90 D5 PowerPulse R-Design by Lee Gibson

HIGH-TECH LUXURY



AT A GLANCE

- **Model:** Volvo V90 D5 PowerPulse R-Design
- **Price:** £45,165
- **Mechanical:** 235ps, 1,969cc, 4cyl diesel engine driving four wheels via 8-speed automatic gearbox
- **Max speed:** 149mph
- **0-62mph:** 7.2 seconds
- **Combined mpg:** 57.6
- **Insurance group:** 33
- **CO2 emissions:** 129g/km
- **BiK rating:** 27%
- **Warranty:** 3 years/100,000 miles

Mention Volvo to folk of a certain vintage, like myself, and the odds are that a specific image comes to mind – one of a somewhat boring, boxy estate car.

When we were growing up, the Swedish car maker's approach to the family load-lugger remained unchanged.

From the 245 through to the 850, none of them were going to win any beauty contests – but they sold like hotcakes because they were dependable, swallowed prodigious loads and were as safe as houses.

In fact, by the early nineties Volvo was so synonymous with estates that they accounted for more than 60 per cent of its sales in some countries.

Since then the focus has shifted as the Swedes embarked on a concerted quest to move upmarket and broaden its product range.

The V90, however, is proof that Volvo can still build a great estate car – capturing all that heritage in a premium modern package.

It is a handsome, luxurious, technologically advanced executive wagon that more than holds its own alongside the Teutonic trio which dominate this market – Audi, BMW and Mercedes.

Taking style cues from another impressive addition to the Volvo stable, the XC90 SUV, the lines are sleek and stylish – but an adventurously raked rear windscreen adds extra dynamic flair.

Tail lights which stretch up the D-pillar are a nod to those Volvo estates of old, while the sporty bodykit and 20-inch alloys on my R-Design model add even more visual impact.

R-Design versions also get a lower, firmer chassis and quicker steering than other V90s for more responsive handling and less body roll when cornering.

The emphasis, though, is

on comfort and the V90 wafts imperiously along, offering a relaxing and effortless drive which suits the character of a large estate.

Being smooth and refined doesn't mean that it is a slouch, however. The 2.0-litre D5 diesel power pack in this car had plenty of punch thanks to Volvo's PowerPulse technology, which uses a compressed air chamber to overcome turbo lag.

To harness its power, the D5 comes with all-wheel drive and an eight-speed automatic gearbox and will shift this big estate from 0-62mph in just 7.2 seconds and on to a top speed of

149mph.

The V90 is luxuriously appointed and generously equipped, but with a minimalist Scandinavian twist.

Leather upholstery, heated front seats, LED headlights, dual-zone climate control, powered tailgate and keyless ignition are standard across the range while R-Design adds bespoke features such as powered sports seats, steering wheel, pedals and illuminated tread plates.

The dashboard is clean and uncluttered, with all the car's main functions accessed via the stylish tablet-style nine-inch touchscreen interface.

Rear head and legroom is plentiful, with a host of personal storage cubbies and drinks holders, and overall the V90 a very comfortable and refined environment to travel in.

It is also, as you'd expect of Volvo, a very safe one.

The brand's innovative Pilot Assist system automatically keeps you at a set speed or distance from the vehicle in front as well as gently steering to keep the car within lane markings at speeds up to 80mph.

The automatic emergency braking system has also been improved to not only offer pedestrian and cyclist detection but will also recognise large animals – should you be in danger of hitting a deer or horse.

In all honesty, it's hard to find many faults with the V90 but what is surprising is that the boot isn't actually as large as you'd think, that steeply raked tailgate impacting on capacity.

Everything's relative though, and at 560 litres it's still more than big enough for most family needs and offers great versatility thanks to a wealth of hooks and tethering points as well as a pop-up divider to stop your shopping from rolling around. The 60-40 split rear seats can also be folded increasing the load space to 1,526 litres.

Plenty of buyers will be happy to sacrifice a few litres of extra boot space for the distinctive style and high-tech luxury of the V90.



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female seeking

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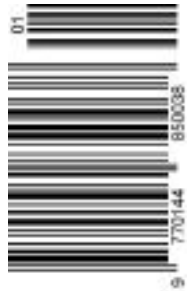
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Passmores Girls look forward to Essex Cup semi

PASSMORES Girls' U14 football team are looking forward to a semi-final tie against arch rivals Great Baddow after a great run in the Essex Cup.

Their most recent game saw them battle to a thrilling 3-2 win at Chingford Foundation School, securing victory in the last minute.

Last season Chingford knocked Passmores out of the cup at the same stage of the competition, so this was something of grudge match and a chance for the Harlow school to gain revenge.

Goals from Lauren Clenshaw and Charis Howell gave Passmores a 2-0 lead at half-time.

But the tide turned in the second half as Passmores conceded a goal, and then the opposition equalised with a penalty, making it 2-2 at full time.

The Passmores girls dug deep in extra-time and battled on.

Their determination was rewarded five minutes in, as Howell scored a cracker of a goal to send them into the last four.

There is long standing rivalry between Passmores and Great Baddow, as the Chelmsford school knocked them out of the cup a few years ago.

Coach Rebecca Conway said: "They work hard, never give up and play to the final whistle. Their hard work has paid off."



Passmores Girls' U14 football team

Double dose of runs to see in 2018

A NUMBER of Harlow Running Club members recovered from the New Year celebrations by completing two closely located parkruns on Monday morning that had different start times.

At the Wanstead Flats parkrun, Andy Kitson finished 29th out of 256 finishers in a superb time of 19min 51sec.

He was followed by Kerry Mavris, 139th and third female Vet 45 in 25:44, Paul Schroder 140th in 25:44 and Andy Smith 141st in 25:45.

The same four runners completed the Valentines parkrun at Ilford one hour later.

This time Kitson finished 124th out of 337 finishers in 25:49, Schroder was 126th in 25:54, Smith 131st in 26:09 and Mavris 159th in 27:23.

Meanwhile, at the Greenwich parkrun, Martyn Coulter came home 19th out of 323 finishers in 20:40 and Alan Wellbelove was 279th in 32:45.

Then at Bexley parkrun, Coulter finished in 13th out of 411 finishers in 21:06 and Wellbelove was 335th in 36:02.

At the Hertford parkrun Martin Westley finished 27th out of 303 finishers in 21:11, Sean Flynn was 75th in 24:29 and Liz Roberts 292nd in 39:41.

Then at Hatfield, Westley was 16th out of 194 in 21:46.

The Luton parkrun saw Andy Kinney complete the course in 157th place out of 222 finishers in 33:43. At Dunstable, he was 185th out of 243 in 35:00.

At the Gunpowder parkrun at Waltham Abbey, Terry Ridge finished 17th out of 133 in 21:53, Catherine Ridge was 21st and third female in 22:27 and Darren Rautenbach 48th in 26:17.

Rautenbach then finished the Hoddesdon parkrun 48th out of 111 in 28:44.

Clocking

Rich Hynes finished sixth out of 133 finishers at the Bishop's Stortford parkrun, clocking 19:47. Justin Patten was 33rd in 24:44, Lee Walker 81st in 30:01 (personal best), Peter Mills 97th and first Vet 70 in 31:56 and Vicky Steadman 114th in 35:16.

At the Chelmsford parkrun David Page was 283rd place out of 620 in 27:41, while at Brentwood, Spencer Brooks finished in 55th place out of 181 finishers in 28:49.

On New Year's Eve at the Fitch Way Marathon, an off road race between Braintree and Dunmow and mostly run on a disused railway line, Brendon MacLean was seventh out of 132 finishers in 3hr 37min 23sec.

He was followed by Sandi Rust 26th and first female Vet 50 in 4:43:13, Paul Dixon 80th in 4:43:44, Janice Page 103rd and second female Vet 55 in 5:12:09 and Hannah Cox, 122nd in 5:36:00 in her debut at the distance.

At the Buntingford 10 Mile race Nick Ryley-Warren was 163rd out of 492 finishers in 1:20:40 in his debut at the distance.

New year nightmare as Hawks are beaten

Double defeat leaves side second from bottom

By **Andrew Franczak**

andrew.franczak@hertsessexnews.co.uk

HARLOW Town are suffering from the new year hangover from hell after suffering back-to-back defeats.

On Saturday they lost 3-0 at home to Hendon and then suffering a narrow 1-0 reverse at the hands of Thurrock on New Year's Day.

The double setback sees the Hawks sit second from bottom with just 24 points from 26 games, though only the bottom team will be relegated from the Bostik League Premier Division as part of league restructuring.

Speaking after the Hendon loss, manager Danny Chapman said: "We gave them opportunities through individual errors rather than them creating them."

"We were better than them in

the first half, we were better than them in the second half.

"On the performance we deserved to win, but it's the result that matters.

"We were always in the ascendancy, but when we had chances we weren't clinical enough.

Big month

"Three individual mistakes have cost us, the players have to take responsibility and cut them out. January is a big, big month for us and we need to get at least 15 points.

"You have to take the positives from it and if we can perform to the same level and be a bit more clinical we will get results."

On New Year's Day the early pressure came from the hosts as first Timothy Ogunrinde's strike was blocked before it fell to Jordan Clark who couldn't keep his volley down.



Harlow's Toby Ajala shoots against Hendon

Photo: MARTINE XERRI

In the 22nd minute Hawks midfielder Fabion Simms set Junior Dadson through on goal with a first-time pass but the winger saw his shot saved by Ben McNamara.

Moments later Harlow went close again. Dadson found Alex

Read on the edge of the area and the striker struck the ball fiercely but curled it just past a post.

Lewis Spence went close for Thurrock when he evaded two challenges before firing into keeper David Hughes' arms.

Thurrock broke the deadlock in

the 41st minute when Curtis Ujah headed against a post but he poked the rebound into the net.

In the second half, Chapman brought on Tommie Fagg, James Shepherd and Leon Antoine but Thurrock worked hard to protect their lead.

The hosts weathered the late storm as they had all game, but Harlow just couldn't break down the back four.

On Saturday Harlow succumbed to defeat despite being on top for large periods of the game, with individual errors proving costly.

The first half was an even affair with neither side able to carve an opening, but two quick-fire goals soon after the restart gave Hendon the advantage. Niko Muir took the lead from the penalty spot, and then added a second with a good turn and finish inside the box.